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## Celebrity Buzz

**Burlesque  
show  
for  
LiLo?**



pg 30

EARTH DAY: APRIL 22

## GoGreen

Metro is marking Earth Day with a series of articles to get you to Go Green: COMMENT AND VIEWS.

Paul Sullivan weighs in on what a fatter planet will mean for the environment. Page 8.

**GO GREEN.** Metro's special Earth Day section takes a look at environmental issues around the world — from what changing climates mean to wine producers, to the effect plastic is having on our oceans. Pages 9-12.

**METRO DRIVE.** We take a look at Toyota's reinvented Prius hybrid. Page 18.

**ENTERTAINMENT.** Our movie reviewer takes a look at the new documentary Earth. Page 28.  
**ONLINE.** Visit [metronews.ca](http://metronews.ca) for more Earth Day stories.

Canada pg 6

**Ignatieff goes  
to Washington**

Travel pg 24



**Rural Scotland's  
magnificence**

Sports pg 15

**Outdoor hockey,  
only in Alberta**

Business pg 13

**Interest rate at  
new record low**



# Happy Earth Day

MAGGIE SAMWAYS  
Metro World News

**Albert Einstein famously predicted that if bees were to cease to exist, humans could last only four years after the last bee died.**

A shocking estimation, but

these pollinators truly make our ecosystems work.

What's frightening is that the world's pollinators, predators, prey, vegetation and oceans that we rely on for food, oxygen and water are at risk.

Which is precisely why Metro is dedicating this year's annual Green Metro to the topic of bio-

diversity — a term that, quite simply put, means vast variety of plants, animals and natural resources found on Earth. Like bees.

So read on — and plant a garden. Ride your bike. Remember the oceans, the bees, the worms — they are your neighbours ... and our heroes.

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**EVENTS** It's Earth Day across the world and Calgarians have many chances to go green today.

The Calgary Zoo is launching their Get To Know your Wild Neighbours contest to coincide with the nationally recognized day in helping youth recognize the importance of Earth Day.

"The attitudes about nature and appreciation for animals that we foster in our children now, will determine the future for wildlife and our planet," Calgary Zoo CEO and president Clement Lanthier said.

Brandi Chuchman of the City of Calgary said you can also carry your Earth Day over to the weekend and families can celebrate together at the Telus World of Science.

"It's a chance for people of all ages to come and find out how the world is so beautiful and learn how to create sustainability," she said of the all day event.

The City of Calgary is also hosting several events. More information can be found at [calgary.ca/footprint](http://calgary.ca/footprint).







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Dealer order or transfer may be required. Offers may be cancelled at any time without notice. Some conditions apply. See Dealer for details. †Standard on most new Ford vehicles and includes a 6-month prepaid subscription. See your Ford of Canada Dealer or contact SIRIUS® at 888-539-7474 for more information. "SIRIUS" is a registered trademark of SIRIUS Satellite Radio Inc. †††Fuel consumption ratings are based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading, driving habits and the addition of certain vehicle accessories. Fuel efficiency figures based on the 2009 Ford Edge SEL FWD City 12.6L/100km (22MPG) Highway 8.4L/100km (34MPG) 2009 Fusion SE I4 City 10.2L/100km (28MPG) Highway 6.9L/100km (41MPG).



**Women's shelter staff in strike position**

Calgary Women's Emergency Shelter support staff and counsellors voted 88 per cent in favour of striking yesterday, citing wages as the main issue. The union said the strike is the "last resort" and hope they are able to increase wages without job action. **METRO CALGARY**

**3**

# Local



## Grow-op found inside home

Guo keng Cao, 55, of Calgary was arrested and charged with the production and manufacturing of drugs and possession of drugs for the purpose of trafficking, after Calgary police executed a search warrant on a Citadel Drive NW home yesterday. Police said 583 marijuana plants worth about \$750,000 and a sophisticated grow-op were discovered inside the home. **METRO CALGARY**

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**Two-week focus on transit fare checks**

**TICKETS** Calgary Transit peace officers are out in full force for the next two weeks conducting an increased number of fare compliance checks.

While peace officers currently complete regular checks, from April 19 to May 2, they will be checking more frequently. The fine for fare evasion is \$150 and last year there were 6,217 fare-evasion tickets handed out. **METRO CALGARY**

metronews.ca

What's online today.

**Video** Hijacked flight passengers reunite with family at [metronews.ca/canada](http://metronews.ca/canada)

**Video** Tamil protesters rally on Parliament Hill at [metronews.ca/canada](http://metronews.ca/canada)

**Video** Landowners gather to protest controversial Bill 19 at [metronews.ca/local](http://metronews.ca/local)

**Video** Blue Box finally begins at [metronews.ca/local](http://metronews.ca/local)

## Google mapping city streets

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**Is Google watching you? Chances are they probably already have a photo of your street.**

Metro spotted the Google Street View car snapping 360-degree photos yesterday afternoon in the neighbourhood of University Heights, and residents weren't very happy about it. "I don't like the idea of that one bit. I think they should just forget the whole thing and leave it alone," 55-year-old area resident George Mathers said. "But they won't."

Mathers said he didn't know Google was in his area until he saw the non-descript vehicle with a camera trolling along his street. Neighbour Sandra Smith said she is concerned about security.

The Office of the Information and Privacy Commissioner of Alberta told Metro they are working with Google to ensure privacy



Metro captured the Google Street View mapping car as it drove through Calgary neighbourhoods yesterday. The detailed, street-level imaging has some Calgarians worried about privacy and security.

breaches aren't committed. "They said they will blur out things like licence plates and faces. People may not want to be seen in their yard, or coming out of a certain places," spokesperson Wayne Wood said, adding Google has been in Calgary and Edmonton the

past week.

But he admitted the true test will come when Google starts posting the images, which he expects will be near the end of June. "Once the images are up and we know what we are dealing with, we can take it from there. Right now, they are

just collecting the images."

A spokesperson for Google told Metro they abide by privacy regulations set out in a respective country. "We take feedback from our users seriously and they can also report images if they have concerns" she said.

## Donor talk important before tragedy

**AWARENESS** During National Organ and Tissue Donor Awareness Week, procurement co-ordinator Tina Shaver wants people to know how important it is to have the donor talk with loved ones before a tragedy strikes.

For Calgarian Karen Venables, knowing a piece of her son was somewhere out there was the hardest part, but she knew she made the right decision to donate his organs when he died.

When told her 18-year-old son Devin had no chance of survival after being struck in a fight outside a Calgary bar in 2002, she made the decision instantly, but has only recently come to terms with it.

"I'll never forget that morning at 10:10 a.m., when I was told he wouldn't make it, but with my background in hospitals the decision came quickly for me," she said.

KRISTA SYLVESTER/METRO CALGARY

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A Mexican family currently living in Whitehorse will be allowed to stay in Canada a few more months after federal authorities granted an extension on a deportation order that would have required them to return to their native country on Thursday. **CBC NEWS ONLINE**

# Canada



## Don't boo U.S. anthem: Gainey

Bob Gainey has appealed to Montreal Canadiens fans to stop booing the U.S. national anthem. The Canadiens coach and general manager said fans who booed during Star-Spangled Banner ahead of Game 3 of their playoff series against the Boston Bruins should find other ways to voice their support. "I feel like there's a confusion there with our fans," Gainey said. "They feel like booing the anthem is supporting our team, in that the anthem represents the Boston team."

CBC NEWS ONLINE

### News in brief

**BORDERS** The Canadian government moved yesterday to correct U.S. homeland security chief Janet Napolitano after she wrongly said some of the perpetrators of the 9-11 attacks had crossed into the United States from Canada. **REUTERS**

**TASER INQUIRY** The RCMP, in the closest it has come to acknowledging any mistakes, will tell an inquiry into actions of its officers in the death of Robert Dziekanski that "there are things that they would do differently," says Commissioner William Elliott.

TORSTAR NEWS SERVICE

**CRIME** A decrease in the number of break-ins sparked a drop in the severity of overall crime in a 10-year-period, while the seriousness of violent crimes remained stable, according to a new report by Statistics Canada. According to the index, overall crime severity fell by about 20 per cent.

CBC NEWS ONLINE

### Ottawa Pro-Tamil protest



BLAIR GABRIEL/REUTERS

Tamil protesters call for the Canadian government to intervene in armed Sri Lankan conflicts during a demonstration near the Centennial Flame in front of Parliament Hill in Ottawa yesterday. For 16 days, Tamil supporters from Ottawa and other cities have held demonstrations in the capital.

## Iggy goes to D.C.

Liberal leader to take part in Afghanistan discussion

**Liberal Leader Michael Ignatieff is off to Washington to take part in an exclusive and high-level discussion on the future of Afghanistan.**

Ignatieff will join Richard Holbrooke, the U.S. special envoy for Afghanistan and Pakistan, and other diplomats and security experts at a closed-door, invitation-only meeting Thursday. The summit will look at stabilizing the region through measures such as negotiating peace with the Taliban, reining in Pakistan, shutting down rampant drug production and closer co-operation with Russia, Iran and other neighbouring states.

The Liberal leader is participating as an interna-

### Experience

- Ignatieff has first-hand experience of the Taliban's reign in Afghanistan, having flown into Kabul on one of the first flights after the ultra-Islamic movement took power in 1997.

tional human rights expert, said Jill Fairbrother, his spokesperson. But he feels compelled to attend this event in particular because of what he perceives as the absence of the Conservative government in the debate about the future of the war-torn country.

"(He's attending) this one because he has something to say and the Cana-

dian government hasn't been participating in this dialogue with the U.S., and he believes we should be," Fairbrother said.

The Tories have hired high-powered communications operatives, such as former White House press secretaries Ari Fleischer and Mike McCurry, spokespeople for George W. Bush and Bill Clinton respectively, to land Prime Minister Stephen Harper interviews that will let him raise Canada's profile in the U.S. media. But the government refused to follow the U.S. lead and name a special envoy for Afghanistan and Pakistan to better coordinate the future of the Afghan mission, drawing criticism in many quarters.

TORSTAR NEWS SERVICE

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## Venezuelan opposition leader seeks asylum in Peru

Venezuela's top opposition leader, Manuel Rosales, has fled to Peru to escape corruption charges he says are in retaliation for criticizing Venezuelan President Hugo Chavez. **REUTERS**

7

# World



An ANC election poster is seen on public toilets in the Kliptown informal settlement yesterday, a day before the South African election.

## Big turnout called for at South African polls

**Jacob Zuma called for a huge turnout for South Africa's election today to give his ruling African National Congress an overwhelming mandate in its toughest test since the end of apartheid.**

Zuma is expected to become president after the ballot of 23 million South Africans, but the ANC risks losing the two-thirds majority in parliament it needs to change the constitution in the face of a new opposition party formed by ANC dissidents.

### Election issues

- Opposition parties have been trying to capitalize on growing frustration with poverty, crime and AIDS, as well as concern about corruption.

"We anticipate a massive turnout and we expect that the people of this country will once again give the ANC a huge and decisive mandate to work together with them to further improve their lives," he said.

Zuma, who had corruption charges against him dropped this month, declined to comment on his potential cabinet.

Businesses are worried Zuma may veer away from policies credited with delivering years of economic growth because he owes his rise to forces such as the trade unions on the left of the party. Zuma has said there will be no dramatic change of direction, and his room to move is limited by the global financial crisis. **REUTERS**

## Sri Lankan troops move in on Tamil Tigers, 62,000 flee

**CIVIL WAR** Sri Lankan soldiers battled into the last redoubt of the rebel Tamil Tigers yesterday as the exodus of people fleeing the war zone reached more than 62,000, the military said.

The Red Cross warned the situation was "nothing short of catastrophic" and urged both sides to prevent further mass casualties among civilians, saying hundreds had been

killed in the past 48 hours. The military's noon deadline for the Liberation Tigers of Tamil Eelam (LTTE) to surrender passed without word from the separatists, who vowed no surrender hours later.

Sri Lanka's military, in what it dubbed the world's largest hostage-rescue operation, went in to keep the stream of people moving and give troops a clear shot at the LTTE. **REUTERS**

## Obama nudges Israel on Palestine

**MIDDLE EAST** U.S. President Barack Obama nudged Israeli Prime Minister Benjamin Netanyahu to accept the goal of a Palestinian state, asking Israel and Palestinians to "step back from the abyss."

Deepening his role in reviving peace efforts, Obama met Jordan's King Abdullah and set up talks with Netanyahu, Palestinian President Mahmoud Abbas and Egyptian President Hosni Mubarak. **REUTERS**

### News in brief

**NATO** Russia yesterday pulled out of a meeting with NATO military commanders set for next month but said it would stick to plans to resume formal political ties, a Russian diplomat and a NATO spokeswoman said. Russia's envoy to NATO warned on Monday of a pull-out if the U.S.-led alliance pressed ahead with planned

exercises in Georgia, a former Soviet republic promised eventual alliance membership.

**FRANCE** Staff facing redundancy at a company in northeastern France detained five managers throughout last Thursday in the latest incident of French workers locking up their bosses to press their de-

mands. Around 125 workers barged into a meeting of FM Logistic company in Woippy on Thursday morning and refused to let the managers leave. By midnight, they had let all the managers walk free after securing a promise for a senior executive to bring new proposals on redundancy talks to the table on Friday. **REUTERS**

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# Comment & Views

## Comment

# Lose weight, save planet

## TheWestView

Paul Sullivan

metronews.ca/thewestview

**H**appy Earth Day. If you're looking for something useful to do today (other than picking up a free coffee), you might try checking if you can see your toes.

It turns out the world's population is getting fatter, and that adds to the already heavy load on the planet, greenhouse gas-wise.

No, the problem is not excessive flatulence, although I

expect that doesn't help. The problem, according to British researchers from the London School of Hygiene and Tropical Medicine, is the fatter we get, the more likely we are to use our cars to get around and the more fuel those cars have to burn to haul our sorry butts around.

There is no doubt the species is increasing in bulk. Between 1994 and 2004 in England, the average body mass index (BMI) increased from 26 to 27.3 for men and 25.8 to 26.9 for women. I regret to report that anyone with a BMI of more than 25 is considered overweight, and over 30 is obese. In Canada two-thirds of the population is overweight and one-quarter is obese.

The British researchers es-

EARTH DAY: APRIL 22

Go Green



timate one billion lean people will emit one billion fewer tonnes of carbon dioxide a year than one billion fat people.

So how's that for an incentive? Lose weight; save the planet.

I confess I've been inadvertently saving the planet. I started losing weight this January when I realized there was no way I was going to run the Vancouver Marathon in time to qualify for the Boston Marathon, the Holy Grail of marathons, if I continued to weigh in at a porky 205 pounds. So now

I weigh 179, with a BMI of 24.3. Mother Earth has yet to send me a thank-you card even though I check the mail every day, but I guess she's pretty busy shouldering the increased load.

OK, maybe she won't notice the reduction, but you've got to start somewhere. I have to admit I haven't felt this, uh, bouncy in years.

So Canada, I dare you. Take the challenge: Look down. No toes? Then it's time to get off the couch, get out of the car, and put one foot in front of the other. Take a load off Mother Earth ... and yourself.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; [vancouverletters@metronews.ca](mailto:vancouverletters@metronews.ca).

HAPPY EARTH DAY!



MICHAEL D. ADLER

## Word on the street: In celebration of Earth Day, what's the biggest lifestyle change you've made to help the environment?

**Elyse Nabata**  
age 20, Calgary

A: I'm a barista, and I have started bringing a reusable mug to work every day.

**Thomas Iwanicki**  
age 20, Calgary

A: I use my motorcycle as much as possible to reduce carbon emissions.

**Jerri Hudson**  
age 36, Edmonton

A: Our company doesn't print out emails anymore. We're very environmentally conscious.

**Ambrosia MacDonald**  
age 32, Edmonton

A: We recycle absolutely everything. We only throw away one bag of trash every two weeks.

**Samantha Stricker**  
age 25, Vancouver

A: The biggest change I made was selling my car. I use transit, my roller-blades or I'll walk.

**Adam Travis**  
age 25, Toronto

A: We upgraded to a high-efficiency furnace and air conditioner.

**Carolyn Slade**  
Halifax

A: I'm trying to remember each day to drive less ... even a little bit is going to make a difference.

**Cory Leblanc**  
age 32, Ottawa

A: I recycle everything. By the end of the week I only have one or two small white garbage bags.

**Britta Hebbner**  
age 28, Ottawa

A: We've always recycled and all that jazz. We take our bikes everywhere.



It's your turn to tell others what you think. Email your thoughts and opinions to: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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**Projects to keep you busy all year**

Earth Day Canada has several year-round programs for Canadians of all ages. Programs include EcoKids, ecoMentors, EcoAction Teams and Toyota Earth Day Scholarship. For more, see [earthday.ca](http://earthday.ca). **EARTH DAY CANADA**

earth day: april 22 **9**

# Go Green

## Join in the fun

More than six million Canadians are expected to join 500 million people in more than 180 countries to celebrate Earth Day events and projects to address local environmental issues. Nearly every school child in Canada will take part in an Earth Day activity.

EARTH DAY CANADA

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Message from Metro CEO Per Mikael Jensen



### To our readers,

We are the world's largest newspaper and whatever we do can impact — every week — 37 million people on four continents.

There are things that only the world's global newspaper can do. Go Green is a great example and Metro is proud to embrace such a huge cause.

And what is Metro doing to Go Green?

The philosophy behind the Metro business plan lends itself to be more green than its paid-for

colleagues. Our aim is to reach as many readers as possible with the minimum amount of copies — as opposed to that of a paid-for newspaper, where the number of copies is the key, not readers.

We print our editions on recycled paper when we can — all of our southern European editions are printed on 100 per cent recycled paper — and when we can't, we buy paper from special farms that use less water to grow their trees. We are the news in brief. It takes

us fewer pages to bring you all the news you need to read. We turn down the AC and the heat; we put our lights on special timers so they shut off when they can't detect motion.

Additionally, we've begun to explore cycling distribution and test pilot programs to increase our reach without printing more copies.

In addition to our internal and corporate efforts to be greener, as a mass media outlet, Metro can use its powerful reach to pull together our readers'

will to be green into real action by providing resources, information and communities that encourage a greener world. And our readers are ready to Go Green from across Canada, to Santiago, to New York, to Prague; Metro will be the booster.

Today's special edition is the first step.

Join us. Go Green with Metro and feel free to join the Facebook group of the same name.

KIND REGARDS,  
PER MIKAEL JENSEN  
CEO, METRO INTERNATIONAL

# Vin-ners and losers

## The changing face of wine regions

### USA and Canada:

California may become too hot and too dry to produce quality wine. The same goes for Yakima Valley in Washington. The East Coast looks as if it could benefit. The same goes for British Columbia and it's Okanagan Valley.

### South Americas:

Both Chile and Argentina are considered winners. The cooler sea currents in the southern hemisphere will be to their advantage, and wine growers such as the well-known Miguel Torres from Spain are buying land here.

### Africa:

South Africa looks as if it will suffer less from global warming than most places. However, wine growers are looking to move to the mountains.

### Australia, New Zealand:

Many districts are becoming too hot and too dry. Some of the wine growers are moving to mountainous Tasmania where the climate is cooler. In New Zealand, Central Otago on the South Island could become the world's possibly southernmost wine district.

### Europe:

The warmest places are in trouble. Spain and Portugal are predicted to be those most likely to suffer. Major wine growers such as Miguel Torres in Spain are moving into the Pyrenees. In districts already affected, growers contemplate exchanging the Tempranillo with other grapes more suited to warmer climates. Italy, too, is suffering, especially

places in the south like Sicily. Some local experts advocate irrigation, which is now banned, to save vineyards in Tuscany for instance. In France, it looks as if the west and the south will be affected the most. Growers are moving into higher regions, when possible, or buying land in other countries. For instance, winemakers from the famous Champagne District in France are moving across the English Channel, buying into the chalky regions of southern England. The British Isles are basking in the sun, winemakers are multiplying, the same goes for the amount of land taken up by vineyards. Southern England could be the Champagne District of the future, some experts predict.

### Other countries:

Denmark, Sweden, Finland and other countries around the Baltic Sea have so far only had amateur enthusiasts involved in wine-making. But now it is becoming commercial, with some of the wines actually exported to buyers in other countries. However, these countries will possibly still be too cool for large productions, rather they will produce interesting quality wine in small amounts.

### Asia:

As surprising as it may seem, China is already the seventh largest wine producing country in the world. And some experts have their eyes on an area northwest of Beijing as one of the most promising — wines from here are already winning prizes at international fairs. So get used to names like Changyu, Dragon Seal, Great Wall or Dynasty.

SOURCES:  
ASSOCIATE  
PROFESSOR  
AND  
CLIMATOLOGIST  
GREGORY JONES



# How nature can inspire design

Nature has always inspired mankind. Leonardo Da Vinci and the Wright brothers looked at birds in flight to inspire their flying devices.

In the same way, Swiss inventor George de Mestral created Velcro in 1948 by analyzing the burrs stuck to his pants and to his dog's fur after a walk in the countryside.

Today, this science has a name: Biomimicry, a word coined by American researcher Janine Benyus, who published Biomimicry: Innovation Inspired by Nature in 1997.

"Biomimicry, or biomimetics, is all about look-

## "The natural world is full of hints on how to manufacture in life-friendly ways."

Researcher Janine Benyus

ing to nature for inspiration and borrowing nature's blueprints, its chemical recipes and ecosystem strategies," says Benyus.

"Why reinvent the wheel when we have optimal solutions in nature that have benefited from 3.8 billion years of field testing and natural selection?"

This idea actually appeals more and more to companies that are trying to find solutions to prob-

lems nature has been dealing with since the dawn of life, such as minimizing energy use and manufacturing without toxins.

"The natural world is full of hints on how to manufacture in life-friendly ways," says Benyus.

Nature is full of examples of adaptation, so "when we now talk about the extinction spasm, we're talking about losing wisdom, ideas that we

would not normally have thought of," says Benyus.

We can no longer take this wealth for granted. That's why the Biomimicry Institute has initiated a program called Innovation Through Conservation, asking companies to donate a percentage of their proceeds to conserve the habitat of the species they took inspiration from.

Biomimicry proves once more that the loss of biodiversity is a lot more than an animal lover issue.

NADIA LODDO  
METRO WORLD NEWS  
IN PARIS



## Every week, 37 million people in 20 countries read Metro

Imagine if all of those readers — if all of us — banded together to change the world? What a difference 37 million makes ...

### Running through the drops



When 37 million people take a five-minute shower, it only uses 3.5 trillion litres of water, compared to a 10-minute shower, which uses seven trillion litres of water.

### It's exhaust-ing

When 37 million people use average sedan cars, it emits 2.59 trillion tonnes of CO2 during the lifetime of their cars, as compared with 3.7 trillion tonnes of CO2 if they used SUVs.

### Drive me wild

When 37 million drivers leave their cars at home and commute together with their spouses/partners/neighbours, they cause the emission of 107 million tonnes of CO2 annually, compared with 214 million tonnes of CO2 should they decide to use their own cars.

### Dot-bomb

When 37 million people do not switch off their computers after work, they use 37 million megawatt hours of electricity annually, compared to around 9.2 million megawatt hours if computers and monitors are switched off after work.

## Pass it on!

When 37 million people share their newspaper (approximately 0.3 kg of paper), they save 85,248 trees

### Guess who's coming to dinner?

When 37 million people use modern dishwashers with the best rating once a day, they would use 666 million litres of water, compared with 1.5 trillion litres of water used by less efficient dishwashers.

### Flushed away

When 37 million people refurbish their bathrooms with low-flush toilets (six litres per flush), each flush uses 222 million litres of water, compared to old toilets (12 litres per flush), that would take 444 million litres of water to flush collectively.

### Watt's up, doc?

When 37 million people change just one 100-watt incandescent bulb for a 20-watt compact fluorescent light bulb, giving the same amount of light, during one hour they would be using 740 megawatt hours of energy to receive the same lighting, compared with 3,700 megawatt hours with the regular bulb.

### TV stars

When 37 million people unplug their TV sets (1 watt standby) while going to sleep, they would save 296,000 kwh per day.

DANIEL DENISHUK  
METRO WORLD NEWS  
IN POLAND



The Intergovernmental Panel on Climate Change (IPCC), the scientific body created by the United Nations to evaluate the risk of climate change, has shown how strong an influence scientists all over the world can have on politicians and public opinion when they speak with one voice. This was proven once again in

# Bio bias

## World moves toward an IPCC in biodiversity

January 2005 at an international meeting in Paris by the then-French president Jacques Chirac. Over the past four years, the idea has progressed, and the creation of what will be called the Intergovernmental Platform on Biodiversity and Ecosystem Services (IPBES) is now only a question of time. "The IPBES should work more or less like the IPCC," says Didier Babin, the researcher who led negotiations until the United Nations Environment Program (UNEP) officially took over the project in February.

Just as the IPCC (which is composed of more than 2,000 scientists worldwide), the IPBES will not carry out research, but will be tasked to publish special reports that gather state-of-the-art studies conducted by recognized scientists around the

world. Its main objective is to bring about common indicators that will have an international scope and work as a bridge between the distant worlds of science and politics to make action ... and fast.

"IPCC and IPBES will probably also work together," says Babin, as there are structural links between biodiversity and climate change.

"Think about the rain forests that are immense carbon reservoirs and at the same time among the globe's major biodiversity hot spots."

IPBES will certainly have a lot to do in the next few years. A lot of hope is laid in this new panel that should be officially opened in 2010, during what the UN has already labelled the "year of biodiversity."

NADIA LODDO  
METRO WORLD NEWS  
IN PARIS

# Greetings, Earthlings

## Founder of Earth Day comes clean on being green

Denis Hayes is the man who made Earth Day a world phenomenon. When Earth Day was launched in 1970, Hayes was its first co-ordinator and turned the environmental day into a series of events attended by 20 million Americans. Twenty years later, Hayes launched the first International Earth Day. Result:

200 million participants in 141 countries. Today, he heads Earth Day Network, which co-ordinates Earth Day activities around the world.

Can the world become greener through a one-day event? Of course not! We have no illusions about that. What we were doing in 1970 was to get people from very different quarters to act together on problems like lead paint and highway construction. Today, too, people have to recognize that environmental problems don't stop at borders. We should start thinking of ourselves as one species.

**"In 1970, most people didn't even think about the environment."**

cleaner. We've cleaned up rivers and lakes and saved endangered species. But the world is in poorer shape than it was in 1970, in almost every aspect.

What is Earth Day's biggest accomplishment?

1970 to '74 was the golden era. We passed the environmental laws on which society still operates. Since then its biggest accomplishment has been getting millions of school children involved. Environmentalism has become a part of society. In 1970, most people didn't even think about the environment. Now, it's part of everyone's vocabulary.

What will the next environmental crisis be? The growing acidification of the world's oceans. It has devastating effects on



the smallest organisms, which will have tragic consequences on the whole food chain, including humans.

What is the most immediate environmental danger today? Carbon emissions.

What is the most important thing people can do to help the environment? Have no more than one child, or two at most. Live in an energy-efficient house. Walk and ride your bike.

ELISABETH BRAW  
METRO WORLD NEWS  
IN SAN FRANCISCO



Denis Hayes speaking at the first Earth Day event in 1970.



# Washing in cold water can help reduce greenhouse gas emissions

Use cold water to wash your clothes. If every household in Canada did this, it would reduce approximately 1.5 billion kilograms of greenhouse gas emissions each year.

EARTH DAY CANADA

earth day: april 22 **11**



## Canaries in global coal mine

Their are numerous warning signs that global warming is affecting the Earth as we know it.

Here are some examples:

### Adélie penguins

Global warming is affecting the Adélie penguin colonies in the Antarctic peninsula. Over the last 50

years, winter temperatures have risen by about 5 C in the peninsula, reducing the amount of pack ice. Pack ice directly affects the availability of algae available for krill, the main staple of the penguin's diet. Without pack ice, there is no algae and no food for krills — a direct repercussion on the penguin's diet. In the last decade, the population of Adélie penguins has declined by almost 50 per cent.

**SOURCE: NATIONAL GEOGRAPHIC**

### Bees

Scientist Albert Einstein famously said: "If the bee disappears from the surface of the Earth, man would have no more than four years to live. No more bees, no more pollination ... no more men!"

Excessive pesticide use in North America has led to a decline of up to 50 per cent of managed colonies of honeybees.

Crops such as apples, pears and berries depend entirely on pollinators for fruit production.

**SOURCE: BUMBLEBEE.ORG**

### Coral reefs

Coral reefs provide goods and services worth about \$375 billion each year — yet the coral ecosystem covers less than one per cent of the Earth's surface.

In fishing, both the food and marine ornamental trade are often caught using cyanide, which stuns fish for easy capture. Cyanide kills the coral and many other coral reef organisms such as coral polyps. Less than half the fish caught with cyanide survive long enough to then be sold to restaurants or aquariums.

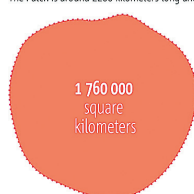
**SOURCE: PEOPLEANDPLANET.NET**  
**ROMINA MCGUINNESS**  
**METRO WORLD NEWS**  
**IN LONDON**

## The Great Pacific Garbage Patch

Is an area of marine debris, laying approximately 135° to 155° West and 35° to 42° North. Although it shifts every year and exact position is hard to tell. It lies within North Pacific Gyre and does not go anywhere, as it is confined by its currents.

### The area

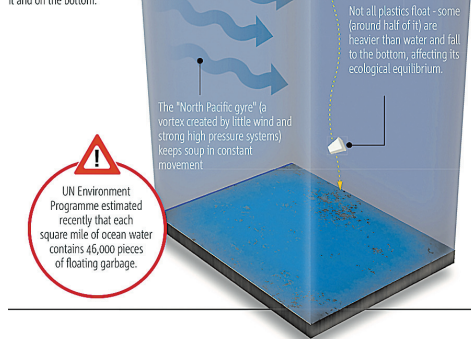
The Patch is around 2200 kilometers long and 800 kilometers wide



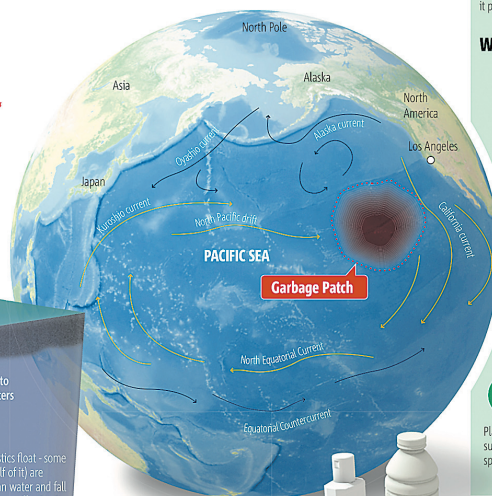
Almost 3 times more than Spain and Portugal combined

### Plastic Soup

Consists of both larger and disintegrated plastic objects and particles, both on the surface, in the water column below it and on the bottom.



UN Environment Programme estimated recently that each square mile of ocean water contains 45,000 pieces of floating garbage.



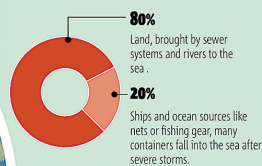
### Problems created by plastic:

- It fouls beaches worldwide and scares tourists away.
- Plastic entangles marine animals and drowns them, strangles them and makes them immovable.
- Plastic litter washed ashore destroys habitats of coastal species.
- Plastic litter gets inside ships propellers and keels, making ship maintenance more expensive.
- Plastic does not biodegrade, plastic things make an ideal vessel and enable invasive species to move to further regions.

### How does it form?

Currents in the Pacific Ocean create a circular effect that pulls debris from North America, Asia and the Hawaiian Islands. Then it pushes it into a floating pile of 100 million tons of trash.

### Where does it all come from?



### Interesting facts

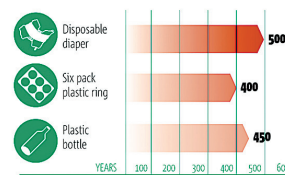
Less than 5% of plastic is recycled. In the Central North Pacific Gyre, small pieces of plastic outweighed surface zooplankton by a factor of 6 to 1 in 1999. But the ratio in 2010 may already be 60 to 1.



### Photodegradation

Plastic never biodegrades, it doesn't break down into natural substances. But it goes through a photodegradation process, splits into ever smaller and smaller parts, which are still plastic.

### How long does it take to photodegrade plastic:



www.SVGgraphics.com

# More plastic than plankton

Our oceans are covered in patches of garbage as big as a continent

**At the heart of the oceans, areas as big as France, maybe more, are covered in garbage.**

The most famous of these is the Great Garbage Patch, discovered in the late 1990s in the North Pacific Ocean between the United States and Asia. But it seems that another seven similar patches may exist, according to Seattle oceanographer Curtis Ebbesmeyer, one of the first scientists to take interest in the strange routes of plastic trash in the sea.

In his new book, *Flotsametrics and the Floating World: How One Man's Obsession with Runaway Sneakers and Rubber Ducks Revolutionized Ocean Science*, Ebbesmeyer

**"From a boat, you start seeing everyday objects like toothbrushes and plastic bags on the outskirts of the vortex."**

François Chartier, oceans campaign director at Greenpeace France

er explains his "science of floating objects," or "flotsametrics."

By observing trash on beaches, such as Nikes or rubber ducks, he identified several circular currents, or gyres, which, like whirlpools, bring together all the plastic and other solid garbage that ends up in the seas around the world.

Ebbesmeyer says the patches of debris may cover a surface "equivalent to several times the United States."

However, the garbage

patches are still unrecognized and neglected because they are basically difficult to see.

"From a boat, you start seeing everyday objects like toothbrushes and plastic bags on the outskirts of the vortex," explains François Chartier, director of the oceans campaign at Greenpeace France, the organization that revealed the existence of the Great Garbage Patch to the media.

"When you approach the centre of the patch, the trash is thicker and

some birds have actually started nesting on it."

But from the sky, even from satellites, there is "nothing to be seen," says Ebbesmeyer. "It's like tracking a ghost!"

Invisible plastic? Not really. The fact is that most of the pieces are quite see-through, like plastic bags. Others are fractions of bigger pieces of plastic that have disintegrated into bits as small as plankton.

"In the middle of the patch, there is six times more plastic than plank-

ton," Ebbesmeyer says.

This accumulation of plastic in the oceans is a serious menace for the environment and for human health.

"Dolphins suffocate on plastic bags, birds can die of hunger because their stomach is so full of undigested plastic that they can no longer eat," says Chartier.

But plastic also contains toxins (PCBs, heavy metals) that are harmful to humans and that are assimilated by plankton and other fish, which end up in the ocean's food chain, and, consequently, in your seafood chowder.

**NADIA LODDO**  
**METRO WORLD NEWS**  
**IN PARIS**



## Go Green

# Small creatures do great things

## Worms provide vital services to mankind such as working land ... and fighting against global warming

### What would we do without worms?

"When we talk about biodiversity, we never really mention worms," says Denis Loyer, deputy director of the French Development Agency (AFD). "But they actually have an essential role in producing food."

Without worms, there would be no fertile lands. Worms are actually one single long digestive tube. Feeding on organic waste, they end up excreting a powerful natural fertilizer. That's how compost heaps work!

If pesticides can be harmful to these hard-working animals, it is surprising to discover that what is really bad for them is working the land. Worms are killed by birds and by the lack of food, while UVs finish the job by destroying all other microscopic life in the soil.

"The difference is enormous: Where land is laboured, you can find up to 50 kilograms of worms per hectare against two to

**"When we talk about biodiversity, we never really mention worms."**

Denis Loyer

four tonnes on non-laboured agricultural exploitations," says Loyer. Today, many soils are biologically dead, with no more than one per cent of organic substance.

Chemical fertilizers feed plants but do not rebuild the natural capital of soils. Moreover, worms dig tunnels in the land that allow water to penetrate deeply instead of washing away wastefully — or worse, causing floods. This is why a non-laboured agriculture

is being hailed as the future solution to feeding the world.

"A project we have in Tunisia shows that the farms are just as efficient, but have reduced costs thanks to less labour and less chemicals. Moreover, in dry countries, stocking water in the soil is very important," adds Loyer. "This kind of agriculture is growing by 15 per cent per year."

That's good news, and not only for worms. As a matter of fact, some climate experts believe creatures will be on the front line tackling climate change.

One worm may be like David against the climate Goliath, but spread them

around the world, and you get a result that may equal the benefit of stopping deforestation.

How? "Organic substance is basically carbon, so like trees stock carbon as they grow, increasing the quantity of organic substance in soils will develop their capacity to sequester carbon," says Loyer.

And we all know there's no one that can do that better than worms.

**NADIA LODDO**  
METRO WORLD NEWS  
IN PARIS

### Darwin & worms

• British naturalist Charles Darwin should be remembered for more than his theory on the evolution of the species. The last book he published in 1881 shows how, by many means, he was ahead of his time. With *The Formation of Vegetable Mold Through the Action of Worms*, he opened the doors of science to a seemingly insignificant species: The worm. He had friends and scientists send him samples of worm waste to analyze the benefits of this organic fertilizer. He took his job very seriously and also studied their behaviour — he even played the piano to them to test their hearing. Worms are actually deaf.

change ex- these shy also be on the front line tackling climate change.

## Look after the planet — and look after yourself

**Martin Atkin**  
WWF  
International



Most of us see trees, gardens, maybe even some fields or a river during our daily commute. Even in the busiest city, we can enjoy some contact with nature. Whether we live in a great rain forest or an urban apartment, our livelihoods — and our lives — depend on keeping the planet's biodiversity in good shape.

The truth is, we've spent our natural capital like there's no tomorrow and now we're faced with the bill. Just as irresponsible borrowing and spending got us into the present economic recession, so we've been piling up ecological debt by consuming and wasting more and more natural resources. If you think the economy is in bad shape, take a look at the planet.

WWF's Living Planet Report tells us that three-quarters of us live in countries that are ecological debtors — using up resources faster than nature can replace them. If we carry on consuming at our current rate, by 2030 we'll need the equivalent of two planets to maintain our lifestyles. Over the past 35 years alone, we have squandered nearly one-third of the Earth's biodiversity. Not only is this hugely damaging for the environment, but it doesn't make any economic sense. One recent report estimates that forest ecosystems alone are worth around \$28 billion a year — and a lot of that money is literally going up in smoke.

## "The truth is, we've spent our natural capital like there's no tomorrow and now we're faced with the bill."

As we increasingly worry about jobs and mortgages, we may be tempted to ignore the bigger picture. But Amazon deforestation, hungry polar bears and over-fished tuna are a challenge for all of us, because protecting natural resources means better food and water security, better human health and a better chance of fighting climate change.

The good news is — we know what needs to be done and we can afford it. We have a unique opportunity to use the trillions of dollars in stimulus packages to create a green global economy that could lift us out of recession, protect natural resources and tackle global warming. The first step is to agree to a fair, fast and effective global deal on climate change in Copenhagen this December. Then, in 2010 — the International Year of Biodiversity — the UN must lead the rest of the world in taking bold steps to reduce consumption and stop biodiversity loss within 10 years.

Earth Day is a good time to think about our shared responsibility to consume and sustain the planet's natural resources wisely — after all, it's in our own interest.



is here

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**Hilton gets subpoena over Starwood spying claims**

Hilton Hotels Corp. said yesterday it received a federal grand jury subpoena for documents related to allegations that the company stole documents from rival Starwood Hotels & Resorts to develop Hilton's luxury Denizen Hotels. **REUTERS**

**13**

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Interest rate cut to 0.25% | Track sale boosts CN Rail

**The Bank of Canada took markets by surprise by cutting its benchmark interest rate to a historic low of 0.25 per cent yesterday and saying it was prepared to keep them there for another full year in an aggressive bid to spur a slumping economy.**

The central bank, in an unusual move, told markets directly to expect rates to stay at the current level until the end of the second quarter of 2010, assuming inflation remains tame.

It also cut its economic growth forecasts to reflect its view that the Canadian recession will be deeper than it had previously predicted. It now sees recovery starting in the fourth quarter of this year and not the third quarter, as it predicted in January.

**"I think that they are trying to engineer confidence in Canadian households and businesses that interest rates are going to stay low for the foreseeable future."**

Aron Gampel, Scotiabank

Nonetheless, it suggested that the cumulative rate cuts it has made since December 2007 may be sufficient to help turn the economy around, and that it may not have to print money to buy securities in the market, a policy known as quantitative easing.

ing. It will, however, set out a framework tomorrow for that kind of unconventional policy.

A majority of primary securities dealers had expected rates to hold steady.

"Committing to keeping (rates) there for the next year is quite a startling revelation," said Aron Gampel, deputy chief economist at Scotiabank.

"It reflects the concern

### Free\* premium roast coffee.

Breakfast hours from 5:00 - 10:30am, April 20 to May 3.



\*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks offer. Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.

the central bank may have for the global economy. More importantly, I think that they are trying to engineer confidence in Canadian households and businesses that interest rates are going to stay low for the foreseeable future," Gampel said.

**REUTERS**

**PROFIT** A gain from a track sale and other items helped Canadian National Railway Co. post a higher quarterly profit on Monday, offsetting the impact of the weak economy.

The railway remains leery of predicting when the economy will rebound, but said op-

erational changes adopted in recent years were reflected in lower expenses in the quarter and will help even more when freight traffic rebounds.

The railway said it had a net profit of \$424 million, or 90 cents a share in the first quarter. That compared with \$311 million, or 64 cents a share, in the same quarter a year earlier

**REUTERS**

## Husky plans spinoff of assets

**ASIA** Husky Energy Inc. plans to spin off its Southeast Asian assets, including the huge Liwan gas field, into a separate company to boost its share value once it sees some economic stability, the company's chief executive said yesterday.

The new company would be listed on an Asian stock



John Lau

Lau said after the Canadian oil producer and refiner's annual meeting.

**REUTERS**

## Oilsands firm faces charges stemming from worker deaths

**SAFETY** Oilsands giant Canadian Natural Resources Ltd. and two other companies face 53 charges under Alberta's Occupational Health and Safety Act, after a two-year investigation into the deaths of two foreign workers near Fort McKay back in April 2007.

Two workers from China were killed and three others were injured when the roof of a massive storage tank they were building collapsed at CNRL's Horizon Oilsands Project. SSEC Canada Ltd., Sinopec Shanghai Engineering Company Ltd. and CNRL each face a number of charges, including several counts of failing to ensure the health and safety of workers.

The three companies are expected to appear in court in Fort McMurray June 8.

**METRO CANADA**

### In brief

**OPEC** Oil prices climbed into positive territory yesterday, tracking gains on Wall Street as OPEC-member Iran said the cartel may need to restrict its oil supplies further to thin down brimming global stockpiles.

**REUTERS**

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## Board of Directors

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Board Member Role:

- Attend regular board meetings and participate in the process of governance
- Serve on one (1) standing committee of the board
  - Financial/Audit
  - Governance
  - Other committee's as deemed appropriate

Board meetings are held monthly, our focus areas are:

- Governance
- Strategic Planning
- CEO-Board Authority
- Monitoring & Measuring

Members can participate in person or via telephone. Travel expenses will be reimbursed. If you are interested in being part of our vision and growth, please forward your letter of interest and a current resume to:

**Goodwill Industries of Alberta**

Attention: Board of Directors Recruitment Project  
8761 - 51 Avenue, Edmonton AB T6E 5H1

[hr@goodwill.ab.ca](mailto:hr@goodwill.ab.ca) | Confidential Fax: (780) 463-7396





**Hasek back with Czech team**  
Dominik Hasek is coming out of retirement to play for his former club in the top Czech league. The 44-year-old goaltender will play next season for HC Moeller Pardubice in the town where he was born and started his career. Hasek will be the oldest player in the league. **METRO NEWS SERVICES**

# Sports

## Bynum under Rihanna's umbrella?

Various gossip sites and bloggers are reporting that Los Angeles Lakers centre Andrew Bynum is currently dating singer Rihanna. "The couple dined in Beverly Hills. When they left together, a witness reports that they looked 'very couple-y, sitting real close to each other in the car,'" said a report on The Big Lead.

**METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA



Vancouver Canucks goalie Roberto Luongo celebrates with Ryan Johnson after a four game sweep of the St. Louis Blues.

# Canucks sweep Blues

STANLEY CUP  
2009 Playoffs

**Alex Burrows scored with 19 seconds remaining in the first overtime, lifting the Vancouver Canucks to a sweep of the St. Louis Blues with a 3-2 win in Game 4 of a Western Conference quarter-final**

### series in St. Louis.

With time winding down in the extra session, Willie Mitchell cleared the puck out of his zone and down the other end. Burrows grabbed the puck along the right boards and from the right circle wristed it between the five-hole of Chris Mason to win the game at the 19:41 mark.

Burrows also had a goal in regulation along with Kyle Wellwood, while Roberto Luongo made 47 saves for the third-seeded Canucks, who swept a best-of-seven series for the first time in club history.

Brad Boyes and David Perron each had a goal while Mason stopped 33 shots in the loss for the Blues, who were in the postseason for the first time since the 2003-04 season.

bot each had a goal for the Penguins, who now hold a 3-1 lead in this best-of-seven series. Pittsburgh has a chance to win the series tomorrow in Pittsburgh.

### Red Wings 4 Blue Jackets 1

Chris Osgood was terrific between the pipes again, making 31 saves, and Henrik Zetterberg scored twice as Detroit defeated the Blue Jackets 4-1 to grab a commanding 3-0 lead in their Western Conference quarter-final series.

### Hurricanes 4 Devils 3

Jussi Jokinen tipped in Dennis Seidenberg's point shot at the third-period buzzer to lift Carolina over New Jersey 4-3 and tie the series at two games apiece.

**METRO NEWS SERVICES**

### Penguins 3 Flyers 1

Marc-Andre Fleury had an outstanding game with 45 saves as the Pittsburgh Penguins took a 3-1 win over the Philadelphia Flyers in Game 4 of the Eastern Conference quarter-finals.

Sidney Crosby, Tyler Kennedy and Maxime Tal-

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**Tillman enters not guilty plea**

The general manager of the Saskatchewan Roughriders has pleaded not guilty to a charge of sexual assault. Eric Tillman was not at the provincial courthouse in Regina yesterday, but his lawyer, Aaron Fox, entered the plea on his behalf. **METRO NEWS SERVICES**

sports **15**

# From blocking back to environmentalist

Former CFL fullback Julian Radlein spreads the word about the importance of conservation

STEPHEN JOHNSON  
for Metro Canada



**Julian Radlein is not a typical environmental activist. He is a six-foot-two, 245-pound former fullback with the Hamilton Tiger-Cats who was adept at crushing opposing linebackers. But he's also one of Canada's leading advocates for environmental awareness.**

Radlein enjoyed a five year career with Hamilton from 2003 to 2007. During this time, he was active in the Hamilton environmental community. His involvement ranged from encouraging people to eat locally to performing an environ-

mental audit at Ivor Wynne stadium. Radlein credits his interest in the environment to early exposure.

"My dad was a chemist so I grew up with science and a respect for the environment. I studied ecology at UBC. I like to think of myself not as an environmental activist but more as a survivalist. Clean air, water and soil are essential to sustaining life."

After retiring from the CFL last year, Radlein

EARTH DAY: APRIL 22

Go Green



formed Evergreen Sports Programming with former Saskatchewan Roughrider Dustin Cherniawski.

The company focuses on delivering an environmental message by using football players as their spokespersons. The keystone activity of their company is the GreenZone Sustainability Blitz — Speaker Series.

"We focus on three pillars of sustainability: reduce, reuse and recycle," said Radlein.

B.C. Lions linebacker Javier Glatt spent his off-season presenting the Sustain-

ability Blitz program to schools across B.C. Glatt feels the high-energy activities of the program help to make it popular with children of different ages.

"We always start with a pep rally where the whole school comes together. There are environmental games that have students competing against the athletes. We have a water relay, energy challenge and waste relay. It is funny how the students always seem to win."

Glatt tries to deliver his message in a language the students understand.

"When I speak to schools in Vancouver, I always ask the students to imagine if they could not see the



Julian Radlein started Evergreen Sports Programming.

mountains due to smog. Also, I talk about the importance of clean air and fresh grass for things like recess. When you start talking about recess being in jeop-

ardy, all the students immediately listen."

The GreenZone Sustainability Blitz is currently being presented in B.C., Alberta and Ontario.

## Canadian outdoor NHL game? Only in Alberta

The word is out that the NHL's next outdoor game will take place next season at Fenway Park in Boston. And with it, comes complaints from up here that the league is avoiding holding one in Canada.

Yet the reason is simple. At this moment, there is only one outdoor stadium in this entire nation that seats more than 40,000 people — Commonwealth Stadium in Edmonton, the very field that hosted the NHL's first outdoor venture in 2003.

While it might make you feel warm and fuzzy to imagine NHLers taking the ice at Montreal's Percival Molson Stadium or Toronto's BMO Field, these games aren't staged to make the league feel warm and fuzzy. They are staged to maximize profit, and that (and that alone) is the only reason they are staged. When you sell 40,000 tickets to a hockey game, you double your gate in addition to swelling TV numbers.

Aside from Commonwealth, McMahon Stadium in Calgary is the only current outdoor venue in the country worth doing it in.

With 36,000 seats, it's 17,000 more than the Pengrowth Saddledome (and only about 2,000 smaller than Fenway).



metronews.ca/sports

BMO? Twenty thousand, or merely 2,000 more than the Air Canada Centre. Similar story with Molson Stadium and the Bell Centre.

The Big Owe? Sorry, the roof's screwed on tight now. The Rogers Centre? Sorry, no on-field drainage system. The retractable-roofed version of Vancouver's B.C. Place? Possible, but unbuilt as of yet.

Some corners have said the Ottawa Senators could play a game on the Rideau Canal. My advice to them would be to not smoke marijuana before making suggestions where the Ottawa Senators play outdoor games. A frozen waterway with 40,000 temporary metal seats? That's even more temporary seating than most Grey Cup games.

And anybody think about the luxury suites? It's doubtful Eugene Melnyk or any other owner would look the other way on that sweet action.

John Chick is Metro Canada's sports editor.  
john.chick@metronews.ca

For more sports coverage visit: **metronews.ca**



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INFORMATION FEATURE

# Nature, Disney-Style

*Disneynature revives tradition of documentary excellence*

By Lori Dance

Seeking to capitalize on the recent success of nature documentaries, Disney looked back at its own long-dormant True-Life Adventures division—which not only garnered eight Academy Awards from 1948 to 1960, but also fostered fond memories for generations of schoolchildren—to inspire the first Disney-branded film label in over 60 years.

"Nature invents the most beautiful stories," says Jean-François Camilleri who, besides having been involved with the Academy Award-winning film *March of the Penguins*, is executive vice president and general manager of Disneynature. "So in a place like the Disney Studios, where storytelling is key, we are going to go and... bring them to the big screen. This was a vision of Walt Disney back in 1948, and this is the vision of Disneynature today."



Director  
Alastair Fothergill

For its first film, **EARTH**, the Disneynature team looked no further than directors Alastair Fothergill and Mark Linfield, the creative team behind the Emmy Award-winning *Planet Earth* series, for assistance. "I think **EARTH** is a perfect film to start the Disneynature series... because it is a portrait of the whole planet," Fothergill asserts. "In over five years, we filmed at over 200 locations in 64 countries worldwide and

employed 60 cameramen... Nobody in the history of cinema has ever had so much time, resources, and talent brought together for one true-life feature."

**“ Nature invents the most beautiful stories ”**

Disneynature is developing numerous titles concurrently and plans to release at least one feature-length documentary each year. *Oceans*, slated for 2010, will rely on new technology to capture detailed underwater drama where few have previously ventured. *Big Cats*, to be released in 2011, follows three species as they protect and teach their cubs on the great plains of Africa. And the directors of **EARTH** will reunite for 2012's *Chimpanzee*, shot over three years in the tropical jungles of the Ivory Coast and Uganda.

To find out more about the Disneynature brand or to download educational materials, visit [disneynature.com](http://disneynature.com)



*We do not inherit the earth from our ancestors, we borrow it from our children.*

~ Native American Proverb

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Teri Hart, THE MOVIE NET

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INFORMATION FEATURE

## Three Families, One EARTH

*Disneynature's first film explores the animal kingdom from pole to pole*

By Lori Dance

**O**n April 22, Disney will celebrate Earth Day with the premiere of the first film in its Disneynature series. Narrated in thrilling detail by James Earl Jones, **EARTH** follows the journeys of three animal families as they interact with the ever-changing world around them.

On a group of Nordic islands is where you'll meet the polar bears. The world's largest land predators travel hundreds of miles for something to eat, yet they don't drink water. A male ventures far to hunt as a mother emerges from a snow den with her two cubs. The pack ice melts earlier each year, and food is becoming a challenge. To visit the next family, you'll travel far south as an elephant mother guides her tiny calf across the Kalahari Desert in search of fresh water, of which an adult can drink 50 gallons each day. In this dry season, however, thick clouds of dust threaten to separate them, and they are forced to share what little refreshment they find with hungry lions.

Finally, you'll witness an epic 4,000-mile migration. In tropical waters, a humpbacked whale calf receives over 600 quarts of milk each day, but its mother is starving. The pair set out on the longest journey undertaken by any marine mammal to the southernmost Antarctic waters to feed on krill and small fish before they turn around and journey back to the Equator.

The supporting cast of this story includes, among over 40 other animal species, some painfully adorable mandarin ducklings who, at their mother's urging, fling themselves 30 feet from their nest to the ground. Will they fly? Will they bounce? You'll just have to wait until Earth Day to find out...

To check out more exclusive and super-cute behind-the-scenes footage of the film's three main families, visit [disneynature.com/earth](http://disneynature.com/earth).

## Trees for Tickets

*Plant yourself in front of EARTH, and Disneynature will plant a tree on Earth*

By Lori Dance

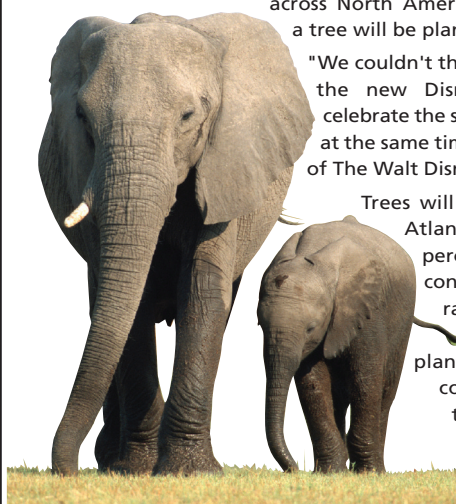
Disney and Metro have a convenient truth for you: for every ticket purchased during the opening week of **EARTH**, being released across North America on Earth Day (April 22), a tree will be planted in your honour.

"We couldn't think of a better way to launch the new Disneynature banner, and to celebrate the spirit of the film and Earth Day at the same time," says Dick Cook, chairman of The Walt Disney Studios.

Trees will be planted in the Brazilian Atlantic Forest which, at only 7 percent of its original capacity, is considered the most endangered rain forest in the world.

Disney is overseeing their planting and care, and Metro is contributing advertising space to support the program.

For more information, including ticket availability at your local theatre, visit [disney.com/earth](http://disney.com/earth).





# Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

## Canadian student car wins

A student team from Laval University in Quebec topped more than 500 students from North and South America to win the 2009 Shell Eco-marathon Americas. The team took the grand prize in the prototype division, with a combustion-engine vehicle that achieved 1,172.2 km per litre.

METRO NEWS SERVICES

# Toyota Prius gets overhauled

Hybrid aims to win hearts of masses without compromising green thinking

ROB BEINTEMA  
for Metro Canada



**I'm standing on the gas, the pedal flat to the floor and that's where it's gonna stay, fuel economy be damned.**

We're leaving the flats of the Napa Valley, spiraling up into the Mayacamas, trees and rock face blurring past, engine moaning, tires gripping nicely, only the occasional peep-peep-peep of traction and stability control warnings as I go into a hairpin corner too hot, you know, one of those corners where you almost have to look behind yourself to see where you're going. Then, back on the gas and we are clawing towards yet another



er curve on the mountain road.

And, no, you're not reading the wrong story.

This is the 2010 Toyota Prius, the third and latest generation of the fuel-efficient, low-emission hybrid dear to the hearts of 14,000 or so environmentally-sensitive Canadians who have bought one since its introduction a decade ago.

To build a car that appeals to a broader audience while staying true to the environmental expectations of the faithful, over

2000 engineers worked on a product that boasts a long list of firsts along with over 1000 patents.

The 2010 Prius starts on the MC platform shared with Scion XB. The previous Prius had all the soulless ename of a science project — econo car trappings and no-nonsense trim topped by a utilitarian little shifter sticking awkwardly out of the dash.

The 2010 Prius is a driver's car, with true cockpit feel courtesy of a raised console in "freeform geometric design," mounting a handsome little shifter that's so cute you just want to hang onto it. The layout is complemented by a sporty oval steering wheel,



The 2010 Toyota Prius has more room, more power, and, of course improved fuel efficiency.

push button start, new graphic displays, soft touch padded materials, more comfortable seating and a leaf pattern grain texture on dash, door panels and fabric.

But enough about looks, let's get to the meat of the matter.

The Prius' Hybrid Synergy Drive is ninety per cent new for 2010. Unlike most other hybrid vehicles available, Prius has always been a "full" hybrid, allowing it to run on engine alone, battery alone, or both.

The powertrain improve-

ments start with a bigger 1.8-litre DOHC gasoline engine. Other improvements come with the new engine, a lighter electric motor and generator, improved cooling to components, more compact battery packaging, a lighter transaxle, an improved CVT transmission and, importantly for Canada, an exhaust heat recovery system that was winter-tested in Timmins, Ont., and that proved to provide quicker warm-up and better cold weather fuel efficiency.

The net result? Twenty-

## 2010 Toyota Prius

**Type:** Mid-size hybrid sedan

**Price:** Not available

**Engine:** 2ZR-FXE 1.8-litre VVT-I DOHC four-cylinder with electric motor assist (134 hp / 105 lb-ft of torque).

**HP:** 3.7/4.0/3.8L/100km (city/hwy/comb)

two per cent more power and seven per cent less fuel consumption. The 2010 Prius is rated at 3.8L/100km combined, better than the previous model's 4.1L/100km rating.

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# Fun heart of Soul

## Kia impresses with new compact SUV

EMMA E FORREST  
Metro World News



One of several new boxy cars coming out, this new Kia is not just full of soul, it's stylish and it's also a huge amount of fun.

The Korean carmaker's compact SUV is its most distinctive design yet and set to be a trailblazer for the brand.

New design director and Audi TT designer Peter Schreyer has produced a striking car with faux-4x4

### 2010 Kia Soul

**Type:** Compact SUV  
**Price:** from \$15,495  
**Engine:** 1.6 litre  
**HP:** 124 bhp

#### Highlights

- Wallet-friendly, eco-friendly off-roader
- Fun to drive

credentials. It has boxy looks along the same lines as the Nissan Cube, Honda Element and Scion xB, is

high off the road and it also offers the same in-town practicality as a 4x4, but is obviously cheaper to buy and far more economical — and ecological — than a real off-roader.

There's a selection of fun coloured exteriors — including a dogstooth pattern. There are three special editions including the Diva and Samba, but it's the Soul's Burner that's the bomb — this bad boy comes in black with red highlights, a dragon design



Metro Global Motoring  
Editor Emma E Forrest poses  
with the 2010 Kia Soul

on the outside, hot black wheels and a flashy red and white interior.

This model also has a brilliant feature — red lights in the speakers that flash in time with the mu-

sic you're listening to.

These things are essential for the type of driver that Kia expects to appeal to, a young, urban crowd like you, who will want to ferry their friends around

and maybe not mind so much that the boot won't fit more than one baby buggy. It all adds to the fun experience of driving this car — it feels solid, but is also nippy and agile.

# Carbon fibre catching on

AutoPilot

Michael  
Goetz

metronews.ca/autopilot

**"Carbon fibre is incredibly strong and stiff for its weight."**

At first blush the just-released Mercedes-Benz SLR Stirling Moss might not appear to be the ideal subject to discuss today ... to-day being Earth Day.

Some of you might even suggest that such an extravagant vehicle shouldn't even be built in the first place. Well, you sort of have your wish, because they're only making 75 of them. There, happy now?

But everyone and everything has a part to play in moving towards more Earth-respectful human mobility — even, surprisingly, a \$500,000-plus sports car that can only carry two people and about 18 minutes worth of luggage.

The part played by this, and the other models in the SLR range (roadster and coupe), is advancing the use of carbon fibre in "mass produced" production vehicles.

Carbon fibre is incredibly strong and stiff for its weight. As such, it's become the material of choice for such things as hockey sticks, tennis and badminton racquets, and now bicycles frames. (I play a bit of hockey and badminton, so when they get around to making

a beer bottle out of the stuff, I figure my leisure time will be carbon-fibre complete.)

Its strength comes from the way it's made — strands are layered and woven together in specific patterns, and each time out, it's done differently, to precisely fit the task at hand. Not dissimilar to the way Mother Nature goes about building her stuff.

But such a customized and fussy process, adds much cost and time. And the raw material for carbon fibre is already way more expensive than aluminum or steel.

The SLR is unique not only because its body panels are made of carbon fibre, but also its superstructure. This body shell is made by McLaren — the same firm that builds McLaren F1 racing cars. F1 is where all the big envelope pushing gets done, when it comes to carbon fibre and four wheels.

Mercedes and McLaren have developed material and process systems to speed up both the creation and assembly of carbon fibre components. The team took their cues from the textile in-

dustry, as some of the automated systems resemble weaving machines.

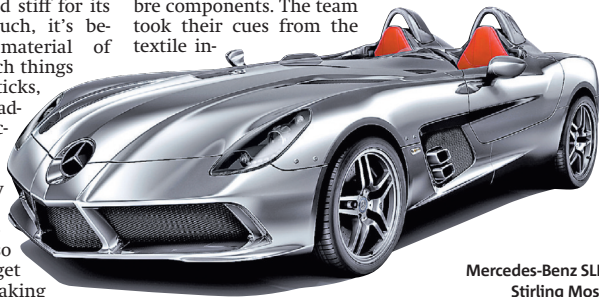
High heat areas, such as engines and exhausts, will always be made of metal for the foreseeable future, but how about everything else?

In an email interview, James Banks, Mercedes' body function manager, said, "It is quite feasible that small structural parts could start appearing on production cars within the next few years ... Personally, I believe carbon fibre crash systems and class A bodywork are the two areas of the automobile that are likely to see the biggest advances in the coming years."

When this does happen, it will be another example of trickle-down technology, in the constant pursuit to make all cars safer and lighter and more fuel-efficient.

And if you have to build something high, to get the necessary gravity, you could do worse than this gorgeous SLR, built as a homage to the original SLR that racing legend, Stirling Moss, which famously drove to a succession of victories in 1955.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.



Mercedes-Benz SLR  
Stirling Moss



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\*Class is Small SUV. EPA-estimated 31 city/39 hwy mpg (9.2 city/7.2 hwy L/100km). 14 manual FWD. Canadian ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and driving habits.

ford.ca



## 20 metro drive

## FCX Clarity, Golf honoured

**AWARD** The all-new Volkswagen Golf edged out the Toyota iQ and the Ford Fiesta to bag the 2009 World Car of the Year title at recent the New York International Auto Show.

The sixth generation Golf made its first appearance at the Paris Motor Show last fall, and was unveiled in North America at the Canadian International Auto Show in Toronto this February.

The new Golf will be coming to Canada this fall as a 2010 model.

Honda's FCX Clarity took home the eco-friendly honours in New York as it was named the 2009 World

Green Car.

The FCX Clarity, a sleekly styled hydrogen fuel cell-powered sedan currently available on a limited lease-basis, is powered by an electric motor that runs on electricity generated by an on-board fuel cell stack.

The vehicle's only emission is water, and its fuel efficiency is up to three times that of a modern gasoline-powered automobile and two times that of a gasoline-powered hybrid vehicle.

The World Green Car awards were inaugurated in 2003, and officially launched in January 2004.

METRO NEWS SERVICES

## Putting brakes on teens

JIL MCINTOSH  
for Metro Canada

**When your teenager takes out the family car, you may not always know where he is. But thanks to Ford's new MyKey system, you'll have a better idea of what he's doing.**

Debuting on the 2010 Focus and planned for several more models, MyKey is a no-charge standard feature that limits the car's top speed, prevents the traction control from being disabled, chimes warnings at pre-set speeds, encourages seatbelt use, and caps the volume on the audio system. It works through the message centre in the instrument cluster, and is invisible to drivers who don't want to use it.

Parents program keys through the ignition, turning them into "MyKey keys." These trigger the preset system when they're used to start the car, limiting what the vehicle will do.

One key always remains the "administrator," and is used to program others; it also lets parents operate the vehicle without limits.



Ford's innovative technology MyKey will be a standard feature on the 2010 Focus.

The MyKeys can be wiped clean or reprogrammed at any time, if desired. Any microchipped key can become a MyKey, whether it's one of the keys that comes with the car, or purchased from the dealer.

Starting the car with a MyKey always triggers three automatic defaults. The regular seatbelt reminder chimes, but the stereo won't work until the driver has buckled up, as well as any front-seat passenger. The low-fuel warning comes on at 120

km to empty, rather than the usual 80 km notice. And if the vehicle is equipped with special safety features such as Park Aid or the new Blind Spot Information System, these can't be disabled by the driver.

Beyond those, parents can also program in speed alert chimes at 72, 88 or 105 km/h; the inability to disable the traction control; a limit of 44 per cent of the stereo's volume; and a limited top speed of 130 km/h.

And if your teen's a technology wizard, fear not. "The system tracks the kilometres, and so the parents can see if the MyKey is being used," said Kerri Stookley, Ford's communications manager.

"Buckle up, watch your speed, and turn down the radio are the three things parents ask," Stookley said. "So mom and dad might give more seat time with the system. It's a good reminder to children that they need to drive safely."

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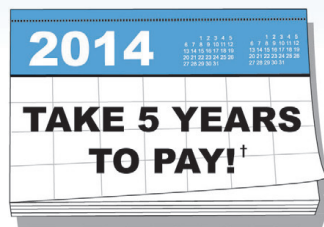
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# Keep on truckin'

## Silverado Hybrid paints the pickup green

JIM ROBINSON  
for Metro Canada



**There will always be a sunrise.**

There will always be an England.

And there will always be pickup trucks.

Sure, truck sales are off but an interesting thing is happening south of the border, and to a lesser extent here. Pickup truck sales (but not SUVs) are on the upswing.

As soon as the price of fuel started to drop, Americans began buying pickups again. So it turns out it's the cost of fuel, not vehicle price, that's a determining factor in truck purchasing.

And, frankly, when Prime Minister Stephen Harper's federal infrastructure money starts flowing, people won't be hauling wallboard and cement mixers to the job site in Honda Civics. They're going to need a

### 2009 Chevy Silverado 2-Mode Hybrid

**Type:** Full-size SUV  
**Price:** Base, \$50,875. As tested, \$52,445 including \$1,300 shipping fee  
**Engine:** 6.0-litre, DOHC V8/electric motor (332 hp, 367 lb/ft)

#### Highlights

- Affordable hybrid system for a pickup
- Many standard features

pickup.

However, there is still the uncertain cost of fuel. So the question is whether or not you can have your pickup cake and eat it too.

General Motors is alone in offering a full-size hybrid pickup that can tow up to 6,100 lb and get up to 9L/100 km on the highway. I know because I did it.

GM's green trucks are based on the 2-Mode Hybrid System currently found in the GMC Yukon

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and Sierra, Chevrolet Tahoe and Silverado (tested here) and Cadillac Escalade.

This is a "full" hybrid system, in that it can operate on electric power, gasoline power or a combination of both for a claimed saving of up to 25 per cent.

While the GM Hybrid system is one of several affordable hybrid technologies, it is the most adaptable for large vehicles. In fact the 2-Mode hybrid system was adapted and refined from the hybrid technology GM has used in city buses since 2003. It is now the first hybrid system used in a full-size SUV.

At all times, the 2-Mode Hybrid system collects torque-based data, deciphers it, and then determines the most fuel-efficient means of propelling



2009 Chevy Silverado Hybrid

the vehicle.

This results in a number of ways to save fuel such as: engine off at idle; electric-only propulsion to 48 km/h in light load conditions; electric boosting during acceleration blends with engine power to save fuel;

cutting off fuel to the engine during vehicle deceleration; active fuel management cylinder deactivation technology; and regenerative braking and engine speed and load control.

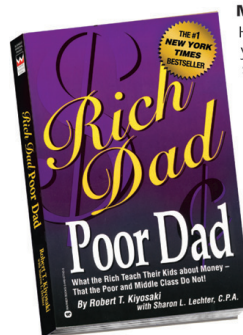
The Silverado Hybrid has a fuel rating of 10.5L/100

km (27 mpg) city and 9.8L/100 km (29 mpg) highway.

Big and brawny, but with a heart of green, the Silverado Hybrid does show that you can still get the job done while making this a better world.

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The 2009 Lincoln MKS is taking the brand's design DNA into a new era.



# Youthful Lincoln

ROB BEINTEMA  
for Metro Canada



After almost a hundred years of automotive history, it's easy to equate Lincoln with luxury. Which carries its own dangers of design inertia and hidebound tradition. But Lincoln designers seem to be aware that "tradition should be a guide, not a jailer." Especially in the face of increased competition in the premium class.

Lincoln continues to try to reinvent itself to appeal to a younger audience and a wider swath of the marketplace.

It's not an easy process. It requires the compromise of pleasing your regular fans with the familiar, while simultaneously trying to attract new buyers with novelty and innovation. The latest end result of that blended process — the 2009 Lincoln MKS.

Central to the design, a striking double-wing grille, playing on Lincoln's traditional waterfall grille mo-



A palette of available interior colours and a long list of standard equipment are all found inside the 2009 Lincoln MKS.

tif, angles to the jewel-styled headlamps that wrap around the vented front fascia and flow into a sharp crease along the high beltline.

That high beltline is emphasized by the sweep of windshield, the elevated rear deck, and the deep seating and high console inside the car.

In a new age of tall wagons, CUVs and other crossover hybrid styles, the MKS sits and feels very much like a traditional car, still typically North American in style and spirit. But, then again, this ain't exact-

ly Grandpa's Lincoln.

A full suite of very modern available technologies includes:

- SYNC, a hands-free, voice-activated hands-free in-car communication and entertainment system developed by Ford and Microsoft. The system integrates Bluetooth-enabled cellphones, your iPod, or other digital media players.

- Intelligent Access with Push Button Start — a first for Lincoln — allows the driver to unlock the vehicle with the fob or touch the heat-sensitive keyless entry pad on the B-Pillar and start the engine with a push-button on the instrument panel.

As tested, my front-wheel-drive model behaved civilly enough, wriggling with a little torque steer only under the hardest acceleration, pulling the MKS' somewhat porky 1872 kg (4127 lbs) of curb weight satisfactorily up to speed with a burly background roar. Fuel economy numbers vary according to sources but we'll go with the optimistic Canadian Energuide ratings of 12.9/8.8L/100km (city/hwy).

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## 2009 Lincoln MKS

**Type:** Full-size premium sedan

**Price:** From \$47,799

**Engine:** 3.7-litre Duratec V6 (273 hp, 270 lb/ft)

## Highlights

- Full suite of modern gadgetry
- Luxurious but trendy



# Porsche thrills

MARK ATKINSON  
for Metro Canada



**When Porsche announced it was pulling out of most major auto shows, including February's Canadian International Auto Show in Toronto, it caused waves in the industry.**

In an effort to thrill would-be customers into buying, the company decided to throw its full weight behind its World Roadshow, a travelling circus of Porsche vehicles and personnel that provides the ultimate test drive.

While this is the roadshow's 11th year, it's being held in Canada for the first time. The event kicked off last week at the Mosport International Raceway near Toronto and is scheduled to end this Friday.

The goal is to run 350 prospective buyers through a one-day program, in the hope, as one official put it, of spreading

"the Porsche virus."

The program involves different activities, ranging from performance testing a 911 Turbo Cabriolet, to using a Cayman S or Boxster S around a slalom course, to off-road driving with a number of Cayenne models, and, of course, lapping Mosport's challenging four-km circuit.

The machines in use to pound around the road course are a great mix of models, from a basic-but-focused 911 C2S with sport-chrono package and six-speed manual, to a more relaxed 911 Targa 4 with PDK, Porsche's new twin-clutch automatic gearbox.

There was a full-on track-oriented Cayman S with body-hugging one-piece sport seats, PDK and carbon brakes that was a real favourite on media day, while the bright-copper Cayenne GTS at the tail didn't hold anyone up, with the large SUV easily hitting 190 km/h up the Andretti Straight.

"The Porsche World

**"(People) experience for themselves just what makes our vehicles so special."**

Porsche Canada's Jasmin Rawlinson

Roadshow is a large, ambitious event," said Jasmin Rawlinson, Porsche Canada's director of marketing.

"Experience with the roadshow in other countries has proven the best way to sell Porsches is to put people behind the wheel. This way, they experience for themselves just what makes our vehicles so special."

Porsche Canada is hoping for to attract a good number of orders from the event, especially as "eighty-plus per cent of the people sent to the event have never owned a Porsche before," Laurance Yap, public relations manager for Porsche Canada, explains.



Porsche Canada allowed its would-be customers to test drive its models at the World Roadshow.

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# Travel

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## Aztec exhibit

The British Museum in London will launch an exhibition called *Moctezuma: Aztec Ruler* on Sept. 24. One of the feature objects will be this turquoise mosaic and cedar wood mask from Mexico, which dates from the 15-16th century AD. Visit [britishmuseum.org](http://britishmuseum.org).

REUTERS

# Exploring the Scottish countryside

## Natural magnificence is the backdrop to this rural getaway

EMMA E. FORREST  
Metro World News



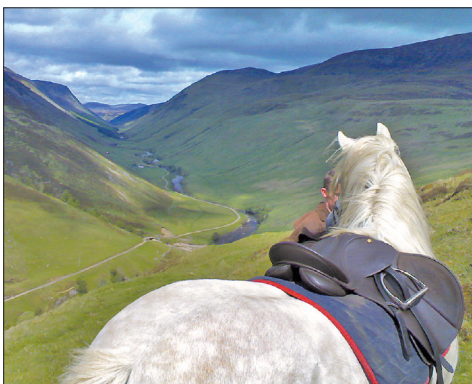
If a rugged wilderness with golden eagles soaring overhead and expansive mountain ranges sounds like a setting that's only on offer in North America, maybe it's time for you to experience the natural magnificence of rural Scotland.

Your adventure should start in London when you board the Caledonian Sleeper train. This over-nighter is a magical experience — you step on at London's hectic Euston Station, have a few beers as you pass through England,

put your head down in your cozy bunk, and when you're woken up with a cup of tea at 6 a.m., you find yourself in the wide-open Scottish countryside.

Our destination was Forest Lodge, a Victorian-era hunting lodge on the Atholl estate in Perthshire, in the heart of Scotland. The estate is also home to Blair Castle, which comes complete with suits of armour and hallways full of antlers, and is base to Europe's only private army, the Atholl Highlanders.

We got out in picturesque Pitlochry — where we had to wait for the local taxi company to deliver kids to school before driv-



Left, on a riding adventure on the Atholl estate in Perthshire. Right, a view of Blair Castle.



METRO WORLD NEWS

ing us 40 minutes through the snow to the lodge.

Forest Lodge is like something out of an Agatha Christie movie, a huge white house nestled in the crook of the valley. Inside there are comfortable bedrooms, a dining room with a banquet table for 20, a huge kitchen and a living room with plump sofas, tartan curtains and an open fire.

This is an aristocratic weekend without the price tag — the cost of accommodation and food is small when shared, and there's nowhere to squander your hard-earned cash on fancy restaurants, expensive pubs or silly souvenirs.

There is no mobile phone reception, just an ancient payphone with a crackly line, so you are forced to completely switch off.

It pays to plan ahead —

there's no way to pop out for milk here. Calculate who's cooking what and you can have exactly what you need delivered by local grocers Tilt Stores. We arrived to find a larder bursting with fresh fruit, vegetables, meat reared on local farms, wine, and even some welcome snacks including shortbread and tablet, a sweet and tasty Scottish fudge that hits the spot after hitting the one of the local summits.

Armed with an Ordnance Survey map that marks every contour of every elevation, we set off to conquer the nearby munro, the name for a Scottish mountain with a height over 910 metres. Hiking fanatics call it "munro bagging" as they try to tick all 284 munros off their list, but one was more than enough for us novices. The two-hour trek

## Rural retreat

### The Lodge

- Book Forest Lodge through Atholl Estates. There are lodges sleeping different numbers, each about \$130 for three nights; [athollestates.co.uk](http://athollestates.co.uk).

### Getting there

- Book the Caledonian Sleeper from London at [scotrail.co.uk](http://scotrail.co.uk). You can get a discount for a group booking

(for about \$270 a head), or watch for "bargain berths" — each month 1,200 single tickets are sold from £35 apiece.

### Food delivery

- Local grocers Tilt Stores will source whatever you need, from fresh produce to wine and locally-sourced meat, tel. 01796 481 206.

METRO WORLD NEWS

to the top is rewarded with a plateau with mountains stretching for as far as the eye can see.

As well as eagles and grouse, there were flashing white tails of mountain hares darting away, and a huge herd of deer led up a ridge by a stately stag silhouetted against a radiant pink sunset.

After all that fresh air, it's time for for haggis canapés in the lounge,

then a four-course banquet of smoked salmon, local lamb and pudding followed by port and cheese.

It would be difficult to leave this place at the end of the weekend, were it not for the fact that going back to London is also part of the adventure — after a full day admiring icicles in the river of the glen, we had another night of sleeper-train fun to keep us in good spirits.

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**Sheraton makeover keeps moving**

Starwood Hotels & Resorts is moving ahead with a \$4 billion US overhaul of its core Sheraton name despite the economic slump. The initiative, begun in 2007, will bankroll new hotels and renovate existing rooms. **REUTERS**

travel **25**

A man walks near the harbour in Havana.

## The Iron Curtain: From 'death strip' to educational cycling trail

**BERLIN** Twenty years after the fall of the Iron Curtain, a project to convert the former "death strip" into a cycling path is picking up speed.

The new cycle trail, which will run 7,000 kilometres from the Barents Sea in the north to the Black Sea in the south, is aimed at promoting eco-

tourism along the former militarized zone and tapping into booming interest in cycling holidays.

Michael Cramer, a German Green party member of the European parliament, is spearheading the project to complete the trail. "Cycling tourism has seen double-digit growth each year for the past two

decades," said Cramer. "With this trail we hope to improve sustainable cross-border tourism and reduce CO2 emissions in the tourism sector."

Cramer said his inspiration came during a visit to Boston, MA in 1998. After seeing the Freedom Trail there, which connects important sites from the

struggle for American independence, he thought the concept might work in Europe too.

Like the Freedom Trail, Iron Curtain Trail route planners are linking historic sites and markers. Riders should experience a history lesson on the half-century division of the continent. **REUTERS**

## Can Cuba handle a tourism explosion?

**The U.S. leisure industry could reap rich rewards if lawmakers relax Cuban travel bans, but industry experts warn that hurdles could block a big payday for cruise companies, hotels and airlines.**

Last week, U.S. President Barack Obama opened a crack in the decades-old U.S. embargo against Cuba, allowing American telecommunications firms to start providing service for Cubans and lifting restrictions on family ties to the island — spurring hopes that loosened travel restrictions could be next.

But some observers expressed doubts about Cuba's ability to handle the potential deluge of thousands of U.S. tourists.

"The hype about U.S. tourism in Cuba far exceeds the existing infrastructure," said John Kavulich, senior policy adviser for the U.S.-Cuba Trade and Economic Council.

The travel industry has long eyed Cuba as a desirable destination for American tourists. The country's capital city, Havana, is little more than 322 kilometres from Miami, the home base of two of the world's largest cruise ship operators, Royal Caribbean and

**"If you have a 2,000-passenger cruise vessel at the port of Havana, at some point they're going to want to have lunch."**

John Kavulich

Carnival Corp.

A port in Cuba would be a boon for these companies as they can offer new trips at minimal fuel costs and jump-start demand for more cruises to the Caribbean, a key market.

European cruise operators have offered trips to Cuba for years.

Currently, Canada is the top supplier of tourists to the island, followed by Europe. In 2007, 660,000 Canadians visited Cuba.

Cruise lines will likely benefit first, some experts said, because it can take years to build up resort-style hotels on shore. Even so, capacity questions remain. "If you have a 2,000-passenger cruise vessel at the port of Havana, at some point they're going to want to have lunch," Kavulich said. "There are three restaurants — how are you going to feed 2,000 people at one time?" **REUTERS**



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CityCenter, a \$9 billion development that was to become a 67-acre mini-metropolis of condominiums, hotels, shops and casinos in the middle of the Las Vegas Strip, is facing a funding crunch and an unclear future. **REUTERS**

# Choose from a selection of spiritual journeys

## TheTravelJunkie

Julia Dimon

metronews.ca/traveljunkie

From the tops of Machu Picchu, to the rose-red rock of Petra's canyon-like Siq, to the divinely-inspired churches of northern Ethiopia, there are plenty of places on earth that inspire. If you're looking for a holiday with a spiritual element, here are a few suggestions:

### Korean retreat

Live like a monk at the Lotus Lantern International Meditation Centre. Located two hours from Seoul, this 12-year-old Buddhist temple was designed for foreigners looking to study the religious philosophy of Zen Buddhism. Visitors sleep on traditional Korean cots, wake up at the crack of dawn (3:45 a.m., to be exact), slip into itchy grey training suits, eat simple food, wash their



Rishikesh, a holy city in northern India, draws Babas, such as the one above, Hindu pilgrims and tourists looking for meaning.

own dishes and meditate many times a day.

### Sun rise in Namibia

Bordering South Africa and Botswana, Namibia is where the Atlantic Ocean meets the desert, and where rich wildlife and traditional African culture

meet some of the world's most stunning sunrises. A popular tourist activity is climbing up Dune 45, one of Namibia's many natural sand castles. The hike along the ridge isn't easy, but it's all worthwhile when you see the sun's warm, orange light illumi-

nate the 80-million-year-old Namib Desert.

### Get enlightened in India

Rishikesh, a holy city in northern India, is a place many travellers go to find themselves. It's a wildly popular spot on the banks of the Ganges River that

draws Hindu pilgrims, new-age hippies, young Israeli backpackers and wise Babas who spend their days in the lotus position. Located some 200 kilometres from Delhi, this self-proclaimed yoga capital of the world is packed with meditation centres, ashrams, Ayurvedic massage parlours, vegetarian restaurants and spiritual communities. With its nightly ceremonies along the river and vibe of collective spirituality, there's certainly something magical about Rishikesh.

### Fountain of youth

For a look at the cradle of Incan civilization and a taste of her sacred waters, head to Isla del Sol on the shores of Bolivia's sacred Lake Titicaca. On the south end of the island, walk up 200 steps to a sacred spring that's said to be the fountain of youth. A sip of the rejuvenating water is not only refreshing, it's an important part of Incan tradition. With a name that's sure to get grade-school kids giggling, Lake Titicaca is also the highest naviga-

ble body of water in world — which means you may have difficulty differentiating between your own spiritual enlightenment and good old-fashion altitude sickness.

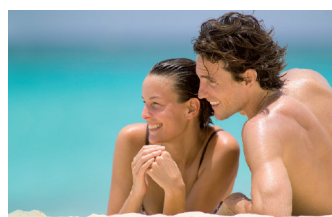
### Awestruck underwater

Off the coast of Tofu beach, come face-to-face with some of the world's gentlest underwater giants. In an ocean safari offered by Bamboozi Backpackers lodge, tourists can swim alongside majestic manta rays, dolphins and even whale sharks, the world's largest living fish.

Fear not — despite their threatening size, whale sharks only eat plankton, not humans. Snorkeling with these prehistoric-looking beasts is a once-in-a-lifetime opportunity that will leave you awestruck. Just keep a bottle of white vinegar handy in case of jellyfish stings.

For more information on swimming with whale sharks, visit bamboozi beachlodge.com

Julia Dimon is co-host of Word Travels, airing Sundays at 8:30 p.m. EST on OLN; julia@juliadimon.com.



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Quick recovery for Madonna

Don't worry about Madonna, who fell off a horse in the Hamptons over the weekend. Her trainer Tracy Anderson told USMagazine.com that the singer will be back in the gym today. USMAGAZINE.COM

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## Earth hits big screen

New doc an impressive companion piece to BBC series

### Earth

**Director:** Alastair Fothergill, Mark Linefield

**Stars:** James Earl Jones and a variety of cuddly animals

**Classification:** PG

**Rating:** Ⓜ

**PHIL BROWN**  
for Metro Canada

**Filmed at the same time as the BBC series Planet Earth, Alastair Fothergill and Mark Linefield's Earth is a remarkable achievement of nature documentary filmmaking.**

The movie is filled with the beautiful cinematography that defined Planet Earth even if it isn't quite as intellectually satisfying.

It is impossible to watch

Earth without comparing it to its predecessor, and while the confines of a 90-minute movie funded by Disney prevents the filmmakers from capturing the depth of the series, this is still an impressive companion piece that demands to be seen on the big screen.

The longer running time and family-focus of this feature forced the filmmakers to construct a narrative out of the footage

captured for Earth. Fothergill and Linefield have structured their film

their natural habitats. The narrative device works, but limits what the

filmmakers

are able to explore

thematically and the

animals

are given human

qualities in a manner

that creates unfavourable

comparisons to March Of

The Penguins. It's

an outdated nature docu-

mentary technique that

hurts the film ever so slight-

ly, but can probably be at-

### Free\* premium roast coffee.

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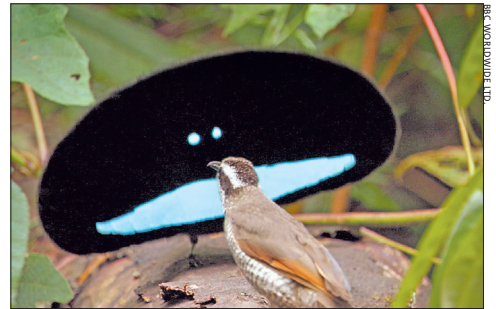


\*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks\*\* offer.  
\*Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.



### Foot Chase

Gossip Girl star Chace Crawford is apparently ready to star in a remake of Footloose, but the producers are having trouble scheduling it around the filming of his television work. [EONLINE.COM](http://EONLINE.COM)



A male Superb Bird of Paradise displays its feathers to attract a mate in the new documentary Earth.

EARTH DAY: APRIL 22

Go Green

tributed to Disney's involvement in the project and not the filmmakers.

Despite a questionable storytelling device, Earth is still a remarkable achievement. The stunning high definition photography that sold countless copies of Planet Earth Blu-rays really comes alive on the big

screen.

This is a film that simply must be seen in a theater and will hopefully find a wider audience than most nature documentaries. James Earl Jones' commanding voice provides the narration that links the movie together (oddly Patrick Stewart narrated the movie in Europe, but not here) and just might cause audiences to burst into applause when he utters "the circle of life."

Though hardly perfect and less impressive than it's small screen predecessor, Earth is still a wonderful film sure to please family audiences tired of the usual Zac Efron tripe.

### critics' corner

#### The New Adventures of Old Christine

Ex-husband Richard (Clark Gregg) joins Christine (Julia Louis-Dreyfus) on a dinner date with her new boyfriend, Patrick (guest star Tim DeKay, "Tell Me You Love Me"), in "So You Think You Can Date." Hamish Linklater, Emily Rutherford and Wanda Sykes also star. 9 PM on KREM



#### Gary Unmarried

Against his better judgment, Gary (Jay Mohr) allows Allison (Paula Marshall) to persuade him to pretend they are still married when they attend a friend's vow renewal ceremony, but he is hard-pressed to keep their secret when he runs into a beautiful new divorcee. Jean Louisa Kelly ("Yes, Dear") guest stars in "Gary and Allison Brooks." 9:30 PM on KREM

#### Criminal Minds

Trying to hold a family together while reviewing a series of child abductions and murders, Rossi and Hotchner (Joe Mantegna, Thomas Gibson) and the rest of the team realize that one of the cases may not actually be the work of the serial killer they arrested. John Allen Nelson and Gretchen Egoft guest star in the new episode "A Shade of Gray." 11 PM on KREM

### Screen times

- Canyon Meadows: Wed-Thru 12:30-2:45-5:7:30-10
- Empire Studio 16 Country Hills: Wed-Thru 12:25-2:45-7:10-9:30
- Empire Studio 10 MacLeod Trail: Wed-Thru 11:45-2:15-4:45-7:10-9:30
- Scotiabank Chinook: Wed-Thru 12:20-4:40-7:10-9:40
- Sunridge Spectrum: Wed-Thru 12:25-4:45-7:15-9:50
- Times are subject to change. Complete listings at [metronews.ca/movies](http://metronews.ca/movies).

### SAG handing out pink slips

**LABOUR** Just days after its national board approved a new contract for television and film, the Screen Actors Guild said it plans to lay off about 35 employees, or about eight per cent of the staff.

"To close a gap between the guild's expected revenue and costs in the upcoming fiscal year budget, SAG is undertaking a number of expense reductions, including the elimination of some staff positions," SAG spokesperson Pamela Greenwalt said Monday. **REUTERS**

	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	267 351 - ACCESS	Alberta Primetime (Live)	etalk	Hollywood	Law & Order "Pledge"	America's Next Top Model (N)	Lost (HDTV) (N)	Primitime		
	243 317 3 CFCN	Two/Half Men	The Simpsons	News	Criminal Minds (N)	CSI: NY	American Idol (HDTV)	News (N)		
	- 4 OMNI	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	News	The Simpsons	King	Metropia	
	- 371 5 KXLX	NHL Hockey: Conf. Quarterfinal	CBC News	Red Green	Scrub	Better Off Ted	Lost (HDTV) (N)	The Unusuals		
	245 306 6 CBRT	ET Canada	Entertainment	(8:02) The Unusuals	To Be Announced	Bones (HDTV PA) (N)	CBC News: The National	The Hour		
	244 338 7 CICT	Law & Order: SVU	Murdoch Mysteries (HDTV)	Scrub	Friends	Nip/Tuck (HDTV)	Bones (HDTV PA) (N)	News Hour		
	246 - 8 CKAL	Virginie (SC)	L'Épicerie	La Petite Séduction (N) (SC)	Tous Pour Un (HDTV) (N) (SC)	Le Téléjournal et Les Nou	Local Programming	Your City		
	119 705 9 CBXFT	- 10 SHAW	News (N)	Hollywood	The Doctors (N)	Old Christine	Gary Unmarr	Criminal Minds (HDTV)	Criminal Minds	
	- 372 12 KREM	NewsHour With Jim Lehrer	CBC News: The National	CBC News: The National	Jeopardy! (N)	Wheel-Fortune	Two/Half Men	Two/Half Men	News (N)	
	- 374 14 KSPS	CBC News: The National	CBC News: The National	Jeopardy! (N)	Wheel-Fortune	Two/Half Men	Two/Half Men	News (N)		
news	502 390 15 CBC	CBC News: The National	CBC News: The National	Jeopardy! (N)	Wheel-Fortune	Two/Half Men	Two/Half Men	News (N)		
	- 370 16 KHYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	News (N)				
	- 373 22 KAVU	90210 (HDTV)	Larry King Live (N)	Lou Dobbs Tonight	Nancy Grace	Showbiz Tonight	Blackhawks at Flames	SportsCentre	Motoring 2009	
	297 652 37 WPIX	NHL Hockey	SportsCentre	NHL Hockey: West Quarterfinal	Blackhawks at Flames	SportsCentre	Motoring 2009	Ult. Fighter		
	500 500 29 CNN	MLB Baseball	Sportsnet Connected	Sportsnet Connected	Hockey Central	MMA Conn	Sportsnet Connected	Ult. Fighter		
	508 502 31 CNN2	Score Update	Score Update	Score Update	Hardcore Hockey Talk	Departures	Mantracker	Mantracker	Bounty Hunter	
	400 400 21 TSN	Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pinks
	408 418 27 net	Drag Race	Drag Race	Wrecked	Wrecked	Malcolm-Mid.	Futurama	Karaoke Star Junior	Falcon Beach	Ned's School
	410 403 30 SCORE	True Jackson	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Falcon Beach
	411 457 44 OLN	Zoe 101	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
family	417 406 48 SPEED	Reba	Hope & Faith	Hope & Faith	Big & Small	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	552 543 20 YTV	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	557 541 39 FAM	The Insider (N)	El News	Running-Heels	Kardashians	EarthWatch One	Grocery Bag	Grocery Bag	Supersize vs. Superskinny	Stuck (N)
	555 545 67 TON	Style by Jury	Style by Jury	Will & Grace	Friends	Jon & Kate Plus 8	Go Green!	Jon & Kate	Jon & Kate	Moving Up
	575 583 11 CMT	Iron Chef America	Ultimate Recipe Showdown	Exterminators	Exterminators	Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In
	553 546 17 TREE	Bounty Hunter	Bounty Hunter	Exterminators	Exterminators	Cashing In	About a Girl	G-Spot	Cock'd 'n' Guns	Starter Wife
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	521 560 24 TLC	Wingfield	Wingfield	Southland	Southland	Law & Order	Seinfeld	Family Guy	Crimson Tide (1995)	
cable variety	603 561 25 FOOD	Wingfield	Wingfield	Southland	Southland	Law & Order	Seinfeld	Family Guy	Crimson Tide (1995)	
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	- 539 42 TCM	Wingfield	Wingfield	Southland	Southland	Law & Order	Seinfeld	Family Guy	Crimson Tide (1995)	





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[MUCHMUSIC.COM/69ER](http://MUCHMUSIC.COM/69ER)







Welsh actor Ioan Gruffudd, who starred in *Fantastic Four*, and his English wife, actress Alice Evans, are expecting a baby, his rep confirms to *People*. This will be the first child for the couple. **METRO NEWS SERVICES**

**Baby on way for Gruffudd**

## Celebrity Buzz

### Naked pics no shoe ad

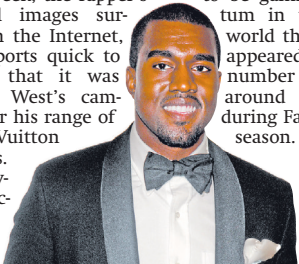
**SCANDAL** The pictures of Kanye West and his naked girlfriend, Amber Rose, are not for a Louis Vuitton campaign, as originally thought, *femalefirst.co.uk* reports.

Last week, the rapper's personal images surfaced on the Internet, with reports quick to suggest that it was part of West's campaign for his range of Louis Vuitton sneakers.

However, according to The

Cut, sources have confirmed to them that the images are not part of any campaign for the fashion house.

West's desire to ditch music for designing seems to be gaining momentum in the fashion world though, as he appeared at a record number of shows around the globe during Fashion Week season. **METRO NEWS SERVICES**



### Farrah's son exaggerates: Pal

**PEOPLE** Farrah Fawcett's best friend Alana Stewart has dismissed claims made by the actress' son in court, telling a judge his mom's cancer problems had reduced her to a skeletal 86 pounds, *femalefirst.co.uk* reports.

Redmond O'Neal made the shocking claim in court last week during a hearing stemming from drug charges against him, but Stewart insists the 24-year-old is mistaken.

She tells people.com, "Farrah is not 86 pounds. Redmond is young and overreacted a little."



Farrah has lost weight, but not that much."

Stewart also revealed Fawcett is planning to pay back O'Neal's father — her ex Ryan — for all his sup-

### Lindsay goes burlesque?

**CAREER** Lindsay Lohan has sparked rumours she's signed on to appear in a new topless Las Vegas stage act, *femalefirst.co.uk* reports.

The star, 22, reportedly flew to Sin City on Saturday to attend the grand opening of sexy striptease production *Peepshow* and meet with its creator, Broadway director and choreographer Jerry Mitchell.

Former Spice Girl Melanie Brown kicked off her stint in the show last week, which features celebrities in rotating lead roles.

According to Fox News, Lohan is in talks with Mitchell to take over from actress Kelly Monaco when the star leaves the show to return to U.S. soap opera *General Hospital*.

A spokesperson for Lohan had not returned re-

quests for comment.

Lohan has seen her acting career almost disappear in the last 12 months, with her last movie, *I Know Who Killed Me*, universally panned; Lohan's performance garnered her a Razzie.

**METRO NEWS SERVICES**



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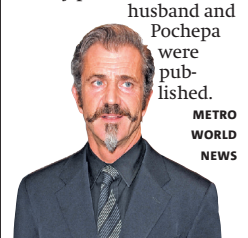
\*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks\* offer. Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.

### Mel's lover keeps steamy sex diary?

**RUMOUR** The woman claiming to be Mel Gibson's mistress, Russian singer Oksana Pochepa, reportedly keeps a diary of all her sexual activity — and isn't shy about sharing it.

"She once showed me the diary and I could barely believe it," a source tells the Sun. "Sex is the main thing for her." It's been reported that Gibson's wife filed for divorce after steamy pictures of her

husband and Pochepa were published. **METRO WORLD NEWS**



### JT and Jessica still together

**RELATIONSHIP** Ever since Justin Timberlake was spotted "very much acting like a single guy" at Kate Hudson's star-studded 30th birthday party over the weekend, according to *Us Weekly*, rumors have been swirling that he and girlfriend Jessica Biel have split up.

But friends of the couple say that couldn't be further from the truth. "They have not split," a source says, according to *Hollyscoop*.

Another adds: "Things are very good with them."

They do things separately sometimes." **METRO WORLD NEWS**



### Chinese ire over Chan's comments

**OPINION** Jackie Chan has been facing a good deal of backlash in his native country for comments he made last week at a business forum in Hainan, a southern Chinese island, according to MSNBC.

"I'm not sure if it's good to have freedom or not. If you're too free, you're like the way Hong Kong is now. It's very chaotic. Taiwan is also chaotic."

"I'm gradually beginning to feel that we Chinese need to be controlled. If we're not being controlled, we'll just do what we want," Chan said.

**METRO WORLD NEWS**



### Life at the Affleck-Garner home

**FAMILY** Ben Affleck may have many talents when it comes to parenting three-year-old daughter Violet, but according to his wife Jennifer Garner hairdressing isn't one of them, *people.com* reports.

"Ben will do the school run," Garner, 35, tells *In-*

Style of her family's morning routine. "He dresses her and does her hair. It's pretty funny. You can always tell when he has been at it, just two random barrettes hanging in

there. It's so sweet."

Adds Garner: "Ben can be pretty clueless when it comes to my clothes or makeup. But when he does notice and says something, he's so sweet that I forgive him."

**METRO NEWS SERVICES**



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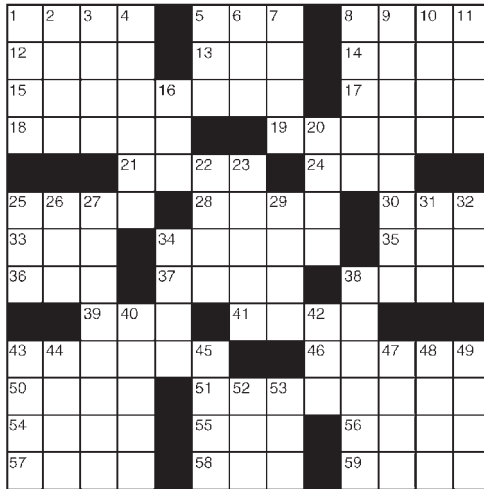




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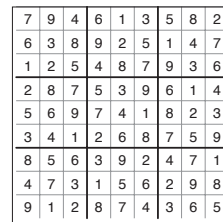
**Crossword across**

- 1 Overly theatrical
- 5 Pitcher's chapeau
- 8 Memo writer's "Now!"
- 12 Eastern bigwig
- 13 Actor Tognazzi
- 14 "Monopoly" pair
- 15 Buck
- 17 Bullets
- 18 Switchblade
- 19 Wet
- 21 Notion
- 24 Work with
- 25 Equitable
- 28 Culture medium
- 30 Eve, originally
- 33 "— Lay Dying"
- 34 Eugene O'Neill specialty
- 35 Geological period
- 36 Emeril's interjection
- 37 Con
- 38 Showing signs of aging
- 39 Skillet
- 41 Advantage
- 43 Caviar provider
- 46 Point of view
- 50 Valhalla VIP
- 51 Didn't quite boil
- 54 Schism
- 55 Excessively
- 56 Peruse
- 57 Piano lineup
- 58 Picnic invader
- 59 Distorted

**Crossword down**

- 1 Barrel
- 2 Infamous Idi
- 3 "La Boheme" role
- 4 Gain
- 5 Prompt
- 6 Earlier
- 7 Frogs' hangout
- 8 Either of two presidents
- 9 One with a silly smile
- 10 Pinnacle
- 11 Laborer
- 16 Started
- 20 Emanation
- 22 Have coming
- 23 Marble variety
- 25 Poke
- 26 Dos Passos trilogy
- 27 Clear up
- 29 In the thick of
- 31 401(k) alternative
- 32 Cove
- 34 "Phooey!"
- 38 Groups of species
- 40 Some of the family
- 42 Whale group
- 43 Jurist Robert
- 44 Actress Falco
- 45 "The Thin Man" dog
- 47 Got bigger
- 48 Mad king of literature
- 49 Vortex
- 52 Charged bit
- 53 Witticism

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



Find today's answers + play more games at [metronews.ca](http://metronews.ca)

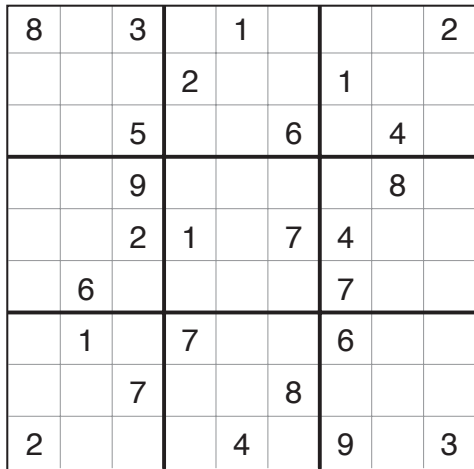
**SUDOKU SOLVE TIME:**

- Under 13 min .....Genius
- 13-17 min .....Scholar
- 17-21 min .....Smart
- 21-25 min .....Not bad
- 25+ min .....Keep practising

**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**Metro Recipe of the Day**



**Pork with Mustard Sauce**

**INGREDIENTS:**

- 1 tsp (5 mL) extra-virgin olive oil
- 4 boneless pork loin chops, 3/4 in. (2 cm) thick, trimmed of all fat
- 4 tbsp (60 mL) dry white wine or vermouth
- 1 garlic clove, minced
- 3/4 cup (175 mL) chicken or vegetable stock
- 2 tsp (10 mL) cornstarch mixed with 1 tbsp (15 mL) water
- 1/2 cup (125 mL) sour cream
- 1 tbsp (15 mL) Dijon mustard
- 1 tbsp (15 mL) chopped fresh tarragon
- Salt and fresh-ground black pepper
- Fresh chives

**METHOD:**

1. Heat oil in large nonstick frying pan over medium-high heat. Add pork chops and fry until brown, 3 minutes per side. Transfer to plate; set aside and keep warm.

2. Add wine or vermouth to pan with garlic and let bubble briefly. Pour in stock and boil 2 minutes. Stir together cornstarch mixture and sour cream until smooth. Add to hot cooking liquid, stirring well. Reduce heat and simmer, stirring constantly, until thick and smooth, 2 minutes. Stir in mustard and tarragon and season with salt and pepper to taste.
3. Return pork chops to sauce in the pan. Reduce heat to low, cover pan, and simmer until chops are cooked through, 4 to 5 minutes.
4. Arrange pork chops on warm plates and spoon sauce over. Garnish with chives.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

**Horoscopes**

**AVATAR VENUS**

**ARIES**

**MARCH 21-APRIL 20**  
Someone wants to protest but won't. You'll find out who has too much to do. A mysterious woman becomes cynical.

**TAURUS**

**APRIL 21-MAY 21**  
Plans are made but somebody is going to leave early. Refuse to wear yourself out for anyone. You'll be told things that you should already know.

**LIBRA**

**SEPT 23-OCT 23**  
Happiness is found by someone in love. You'll work behind the scenes. Keep an open mind when you kick off a debate.

**SCORPIO**

**OCT 24-NOV 22**  
Don't be stubborn if you want to change your mind. Something complex sets off emotional responses. Things will work out for the best.

**GEMINI**

**MAY 22-JUNE 21**  
You'll get credit for something you didn't do. Demanding people strongly affect your mood. Don't focus on a thoughtless remark.

**SAGITTARIUS**

**NOV 23-DEC 21**  
You'll benefit from good luck. Don't strain the patience of a close friend. A determined stranger appears to be triumphant.

**CANCER**

**JUNE 22-JULY 22**  
People want to know what needs to be done. It's time to be a visionary. Use your common sense.

**CAPRICORN**

**DEC 22-JAN 20**  
An acquaintance is moody about attention-grabbing. An expert understands your feelings. A victim makes an admission of guilt.

**LEO**

**JULY 23-AUG 23**  
Someone wants to change your life. A frantic woman makes a phone call. You're not sure if something is true.

**AQUARIUS**

**JAN 21-FEB 18**  
Prepare for a change after a friend offers support. A pitiless challenger won't panic. Budgeting could result in success.

**VIRGO**

**AUG 24-SEPT 22**  
A player supplies some sensible advice. Someone makes you lose time. A rebel enjoys a truth-seeking session.

**PISCES**

**FEB 19-MARCH 20**  
Obligations are questioned by someone with concerns. Provide support during a health crisis. Don't cringe about a money problem.

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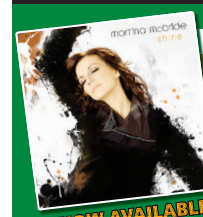
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	<b>COROLLA 2009</b> BU42EM BA <b>199/MO*</b>		<b>HIGHLANDER 2009</b> DA41AT BA <b>465/MO*</b>
	<b>CAMRY 2009</b> BE46KP AA <b>279/MO*</b>		<b>TACOMA 2009</b> UX42NM BA <b>329/MO*</b>
	<b>YARIS SEDAN 2009</b> BT903P AA <b>169/MO*</b>		<b>FJ CRUISER 2009</b> BU11FA BA <b>499/MO*</b>
	<b>MATRIX 2009</b> KU40EP BA <b>239/MO*</b>		<b>TUNDRA 2009</b> BV54IT AA <b>454/MO*</b>
	<b>RAV4 2009</b> BE33VP AA <b>329/MO*</b>		<b>SIENNA 2009</b> ZK30CA AA <b>404/MO*</b>

\*2009 Camry, Model BE46KP AA, 48 mth lease, 2.9%, \$3,500 down, LEV \$9,891.00, Vehicle Price \$25,084. 2009 Corolla, Model BU42EM BA, 60mth lease, 3.9%, \$2,699 down, LEV \$5,749.07, Vehicle Price \$18,279. 2009 RAV4, Model BE33VP AA, 48 mth lease, 4.90%, \$3,299 down, LEV \$12,818.40, Vehicle Price \$28,244.50. 2009 Highlander, Model DA41AT BA, 48 mth lease, 4.90%, \$4,999 down, LEV \$12,574.45, Vehicle Price \$35,739. 2009 Tacoma, Model UX42NM BA, 48 mth lease, 3.90%, \$5,900 down, LEV \$13,838.08, Vehicle Price \$37,929. 2009 Toyota, Model UX42NM BA, 48 mth lease, 3.90%, \$3,399 down, LEV \$12,515.22, Vehicle Price \$28,780.00. 2009 Sienna, Model ZK30CA AA, 48 mth lease, 4.90%, \$3,999 down, LEV \$11,097.52, Vehicle Price \$30,744.00. 2009 Yaris Sedan, Model BT903P AA, 48 mth lease, 3.90%, \$2,550 down, LEV \$5,625.60, Vehicle Price \$16,424.00. 2009 Matrix, Model KU40EP BA, 48 mth lease, 2.90%, \$2,455.00 down, LEV \$9,856.56, Vehicle Price \$21,044.00. 2009 FJ Cruiser, Model BU11FA BA, 48 mth lease, 5.90%, \$4,999 down, LEV \$14,055.21, Vehicle Price \$37,514.50. Air, tax, black header, freight & PDI included. Tire tax (\$20) + GST extra. \*10% Finance 36 month term on 2009 Yaris Sedan, 2009 Yaris Hatchback, 2009 Corolla, 2009 Matrix, 2009/2009 Rav 4. GAC. Vehicles may not be exactly as illustrated.

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